

PEDAL PRESS

Kalamazoo Bicycle Club

Kalamazoo Bicycle Club

March, 1990

Great Lakes BIKING FOR BURNS Bikeathon

B.F.B. -- 1990

The 1990 Biking for Burns will be held on May 19, with registration beginning at 8:00 a.m. The ride will once again be held at Kalamazoo Valley Community College (KVCC). The ride will consist of 9, 19, and 32-mile routes as well as a new-for-1990 100-kilometer route, with all routes clearly marked by arrows on the road. There will be activities for young children including a bike decorating contest. Lunch will be available from a number of vendors on site at KVCC.

The ride is a fund-raiser for the Bronson Burn Unit. The proceeds from the event will go towards raising awareness of burn safety and of the activities at the Burn Center. Riders should solicit per-mile or flat fee pledges as a donation to the

Burn Unit. A \$15 minimum pledge or \$15 fee is required for participation. Pledge and sign-up sheets will be available at local bike shops and will be included in the April *Pedal Press*.

Biking for Burns is also one of the major fund-raisers for KBC. The continued financial health of the KBC depends on a good turnout at BFB this year. The BFB held in Swartz Creek, Michigan last year had more than 1000 riders. Kalamazoo is a far more populated area, so we should easily

be able to increase our ridership from the 78 riders we had last year.

We need volunteers to help on food stops and to provide sag support. Helping out at a food stop consists of keeping each food stop table stocked with the goodies provided by BFB. Providing sag support consists of driving your car and van around one of the routes to help people who have had bike breakdowns. Sag drivers should have some mechanical experience or have a bike rack to take people and bikes back to the start/finish area. If you can help, please call Steve Clarke at 384-9487 or Mike Gacki at 383-2605.

If you can't help out on the ride, come and ride. Be sure to keep May 19 open for the KBC's 1990 Biking for Burns!

March Meeting

The March Kalamazoo Bicycle Club meeting will be held on Monday, March 5 at 7:30 p.m. at the Health-Source Fitness Center on Turwill Lane in Kalamazoo. Topics will include:

- Raising membership dues
- The new KBC *ride line*
- Ride incentive plan

If you have any questions about the meeting or these topics, contact Steve Clarke.



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February Meeting Report

The February KBC meeting took place at the HealthSource Fitness Center on Monday, February 5 at 7:30 p.m. Club president Steve Clarke presided. Short summaries of the topics we discussed appear below.

Ride Captains: This year, we'll have separate ride captains for each of the following categories:

A/A+
B/A
C/D (Brad Cosgrove and Keith Little)
MTB (mountain bikes) (Valerie Marsh)

The responsibilities of the *ride captain* are to find ride leaders for weekday and weekend rides, and get the list of rides for the month to the newsletter editor by the 14th of each month. For each ride, captains should list the date, time, place, pace (if appropriate), and ride leader name.

The responsibilities of *ride leaders* are to show up at the appointed time and place, welcome newcomers, have each rider sign the release form, and provide readable maps.

Steve Clarke then went over the Club's budget for 1990 (see statement). We discussed possible fund-raisers for the club. These included

- Dues increases
- Biking for Burns income
- Making the Kal-Haven Trail Blazer a fund-raiser for the Club (we currently receive no money from the Trail Blazer)
- Planning a tour for 1991
- Selling advertising in the newsletter

We then discussed instituting a ride

incentive program similar to those used with success in other clubs (Grand Rapids, TCBA in Lansing, etc.). The ride incentive program would be designed to increase ridership on Club rides. The following proposal was made for all Club members riding the following number of miles on Club rides:

500 miles: KBC Water Bottle
1000 miles: KBC T-Shirt
1500 miles: KBC Jersey

If you have any opinions on the ride incentive program, please call Steve Clarke. Remember, If you don't make your opinion known, we can't serve your needs.

Jim Kaye spoke briefly about the 1990 Kal-Haven Trailblazer. See the article in this issue.

Finally, we once again discussed the **ride classifications** as published in the *Pedal Press*. Some members expressed their great dismay that each category had jumped up in speed. It was explained when and why this was done. After some discussion, we decided to change it back to the original categories and to add a new category, "F for family." Please see the new/old classifications on the back page of this *Pedal Press*.

April Newsletter Deadline

The deadline for the April newsletter is Wednesday, March 14th. Please send any submissions for the April issue directly to me: Marc Luoma, 13220 S. 38th St., Vicksburg, MI 49097 or call me at 778-3565 or 961-5827 (days).

Club Jerseys Are Here!

If you ordered a Club jersey, contact Karen Torre and get your check for \$22 ready. Karen (or a helper) will bring the jerseys to the next Club meeting, if you can stand to wait that long.

Karen ordered a very few extra jerseys, so if you didn't order one but are interested in having one, contact Karen right away.

Those jerseys that were ordered but remain unclaimed will be sold to cover their cost.

KBC Financial Projection -- 1990

Current Savings:

\$1650

Income:

dues	\$2000
Bike for Burns	\$ 450
TOTAL	\$2450

Expenses:

Printing, postage, and other exp.	\$3100
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Year-End Savings \$1000

Are You Expiring?

All members - look at your newsletter mailing label to make sure your membership isn't expiring. If it is, be sure to send in your renewal right away so you don't miss any Club activities.

Note from the President



Steve Clarke, AKA *Team Dawes*

This issue of the *Pedal Press* marks the beginning of the 1990 road-riding season. Our membership is on the upswing and KBC has plans to participate as co-sponsors of two tours this season: the Kal-Haven Trail Blazer (May 12) and Biking for Burns (May 19). In addition, the KBC race team will have its annual road race at Spring Valley Park on April 29 and the autumn mountain bike race is in our plans again. Obviously, the success of the tours and races depend on the involvement of the membership, either as riders and/or as volunteers. **KBC NEEDS YOUR SUPPORT AS BOTH.**

While the organized events are an important part of our club activities, an integral function of the KBC is to organize rides of all classifications for our membership to enjoy. Unfortunately, apathy has undermined the future of these KBC rides. Without ride leaders to map a course and lead the way, the very basis of KBC membership (ride camaraderie) is threatened.

To be a ride leader takes very little

time. Simply obtain some release forms, draw a map, and decide on the ride classification (A-F). Then let the ride captain, the newsletter editor, or me know about the ride by the 14th of the preceding month so that it can be published in the *Pedal Press* and in the *Events Letter* sent to local bike shops. Finally, just show up at the scheduled date and time.

Much discussion has been spent recently on the ride classifications. The list of ride classifications is given each month in the newsletter. If a rider shows up at an A ride which rides at 14 - 17 mph, then he or she should be prepared to ride at that speed and the ride leader shouldn't exceed that pace. Of course, any rider can come to any ride. Remember, however, that if you're a C rider and you come to an A ride, don't be surprised if the majority of other riders are faster. Clearly, what we need for most weekday rides is ride leaders of all classifications so that the ride can divide into the various pace classification, and facilitate the friendship and camaraderie we desire

as club members. Again, what this means is that we need a list of people interested in leading rides on a regular or non-regular basis. As the saying goes, it doesn't matter how you do it, **JUST DO IT.**

To enhance communication and improve ride participation, this year the KBC will try a *ride line*. This will be a phone line for riders to call and find out the most up-to-date KBC ride listings. This will also allow for some last-minute ride scheduling.

The newsletter and *Events Letter* will still be the backbone of the ride schedule, but the ride line will improve rider participation. You'll find the KBC Ride Line phone number in the April *Pedal Press*.

KBC has a long history in the Kalamazoo area and we are one of the few remaining clubs in the Southwestern Michigan area. We have become stronger by sharing our support with others. An active membership is the way for KBC to continue its growth and leadership in Southwest Michigan Cycling and community activities. Let's improve our camaraderie and share our friendships. **Please volunteer as a ride leader today.** To do so, just call me at 327-9956 or 384-9487.

Finally, here are a few dates to mark on your calendar:

May 19 is Biking for Burns and **May 12** is the Kal-Haven Trail Blazer. [See articles in this issue -- ed.] We need volunteers as well as riders for both events. The race team also needs your support on **April 29th**.

Let's have a good year, **LET'S PARTICIPATE.**

Stephen D. Clarke
President
KBC

Note from the Vice-President

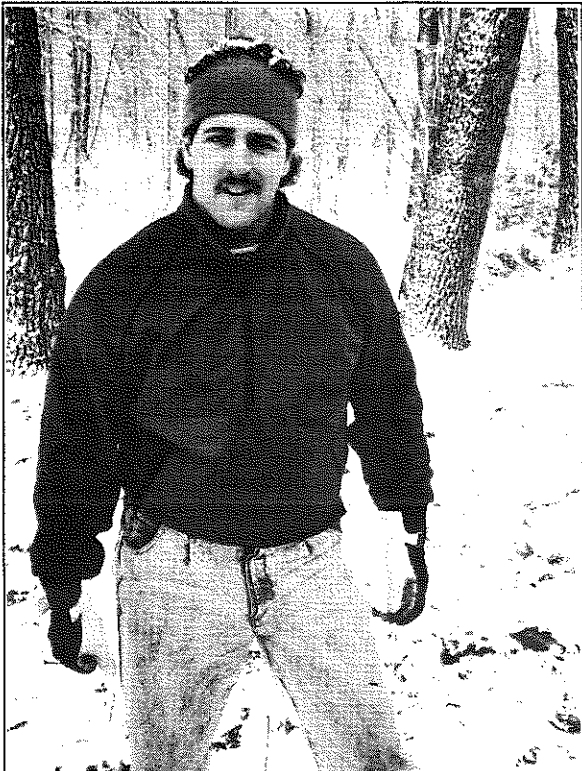
Hi, this is Mike Gacki, your KBC Vice-President. I would like to take a moment to tell you about my experience at the Kalamazoo Roller Races put on by Breakaway Bikes, McLean

Cycle Products, and the KBC at the Maple Hill Mall on February 11th. A good crowd gathered to listen to Gary Kosinsky's announcing. Gary was very upbeat and kept the crowd's interest high, explaining the ins and outs of roller racing. Thanks to Gary, Sandy Kimbrough for her assistance, and to the sponsors!

Now KBC members, we have an opportunity, or two opportunities really, to show the support and strength of the KBC. On May 12 we are going to need participants and

volunteers for the Kal-Haven Trail Blazer. It's going to be even bigger and better than ever. Then, on May 19th at KVCC is Biking for Burns. There was very poor turnout for

this ride last year. This year there is massive corporate sponsorship behind the event. We at the KBC need all, yes all our members and their friends and families to participate in this event. Biking for Burns could turn into a huge opportunity for the KBC for publicity and funding. Please mark these two



dates on your calendar.

Thanks and keep riding,

Mike Gacki
Vice President
KBC.

Kal-Haven Trail Blazer V

The Kal-Haven Trail Blazer V will be held on May 12, 1990. Jim Kaye, the ride coordinator, and his steering committee of volunteers have done a lot of hard work already. This year's sponsors include:

Old Kent Bank: Cash donation
Simpson Paper: Cash donation and all the paper for brochures
Village Cyclery: Cash donation, bike supplies, and day-of-the-ride repair service.
Breakaway Bikes: Cash donation,

sag wagon repair kits, and day-of-the-ride repair service.

Wendy's: Cash donation

WKMI/WKFR: Cash donation and free advertising.

Engle & Associates, Inc.: Free custom registration database development and training.

The ride will once again offer two routes: one on the Kal-Haven Trail, and the other on public roadways that parallel the trail. Only portions of the trail will be paved by the day of the ride, so the Trail itself is best suited for off-road bikes.

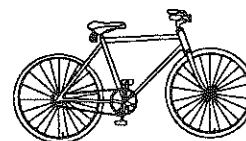
Another highlight of the tour is the opportunity for shuttle service between the two start/finish points, Kalamazoo and South Haven. You can park your car in South Haven, ride a shuttle bus (with your bike taken in a van) to Kalamazoo, and then ride the route one-way from Kalamazoo back to your car in South Haven. Shuttle busses will run in the morning (about 7:00) and in the afternoon, so a number of combinations of biking and bus riding are available.

The Trail Blazer still needs volunteers

The Trail Blazer is a club-sponsored ride and still needs volunteers in the following areas:

- registration
- food stops (all the cookies you can eat!)
- sag service
- route marking (arrow painting and sign making)

If you can lend a hand in this or any other area, please call Jim Kaye at 649-0505.



Spring Valley:

Free Front-Row Seating Available

Yes, free to you as a course marshal at the Spring Valley Circuit Race on Sunday, April 29th, comes the best seat in the house (park?). Thanks to your help in the past, the Spring Valley Race has become one of the oldest and most-loved races in the state! Responsible volunteers are needed to maintain safe racing conditions throughout the race course.

As a course marshal, you would primarily keep the course clear for racers. Other odd jobs might include some parking direction or helping residents to and from their driveways. Come on and be part of the fun! For more details, call Joe Torre (381-4329) or Mike Teel (344-7345). Thanks, gang!

P.S. Yes, there are citizen's categories; you might as well try a race while you're out there!

Thanks to Mike Teel for the above info.

Roller Race Results

Breakaway Bikes of Kalamazoo and Muskegon, Mclain Cycle Products, and the KBC sponsored roller races at Maple Hill Mall on February 11. An enthusiastic crowd gathered to watch the Time Trials and Sprints.

The final matched sprint between KBC members Dan Ferrara and Bret Austin proved the most exciting event of the day. Bret jumped out to an early lead, spinning his 96-inch fixed gear at a furious pace. Ferrara gained steadily, however, through the course of the race. Near the end of the event, the distance separating

Race Team News

The January KBC Race Team meeting was held at the HealthSource Fitness Center on January 24 at 7:00 p.m. Joe Torre and Mike Teel presided.

Spring Valley Circuit Race

The main topic of discussion was the upcoming Spring Valley Circuit race. This year's sponsors include Physician's Health Plan (PHP) who have donated \$3,000, double last year's donation. This and other sponsorships will allow for increased prize money at the race. Mike Teel solicited and got a number of volunteers for jobs before and after race day. (See the accompanying article.)

District Time Trials

The Michigan District Time Trials will be held here on May 20th, on a

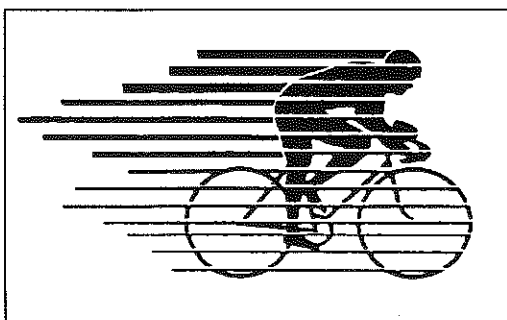
the two racers dwindled to almost nothing. Just before the end of the 1000-meter distance, Dan edged ahead for the victory.

Complete race results appear below. Thanks to all competitors, volunteers, and especially the sponsors for a fine chance to break up the mid-winter inside training blahs.

1000 Meter Sprints:

1. Dan Ferrara	44:12 (54 mph)
2. Bret Austin	44:15 (54 mph)
3. Denny Kershner	45:50 (53 mph)

lengthened version of the Club's regular weekly time trial route through Climax and Fulton. The Districts' are open to USCF racers only, but the Club is tentatively planning a citizen's time trial before or after the District's, using the same route. Gary Kosinski solicited volunteers to work on the TT. Steve Cox was, as usual, the first to volunteer.



Race Team Requirements

Joe Torre reiterated the requirements for being a KBC

race team member: pay your Club dues in January and volunteer to help on Club-sponsored races, either on the day of the race or before. The benefits of Team membership include sponsorship by a local bike shop, which entitles you to a free race team jersey after you buy the first one at a large discount. Most sponsoring shops also give hefty discounts on parts and bikes to race team members.

4. Paul Kissel 46:65 (52 mph)

1500 Meter Time Trial:

1. Paul Kissel	1:07:55 (49)
2. Dan Ferrara	1:09:00
3. Bret Austin	1:10:00
4. Mike Ayers	1:11:50
5. Denny Kershner	1:12:00
6. Kevin Obermeyer	1:12:14
7. Richard Boehme	1:16:00
8. Steve Barnes	1:19:00
9. Will Swenson	1:23:00
10. Mike Teel	1:24:00
11. Mike Gacki	1:31:00
12. Janet Teel	1:32:00

Editorial --

Ride Classifications: Can't we just ride?

This editor has attended all the KBC meetings since December of '88. At *every single meeting*, the subject of ride classifications has come up. It's clear that this is no ordinary issue. People get UPSET about the ride classifications. For the life of me, I can't figure out why.

Ride classifications were started to let people know what kind of ride the leader wanted to lead. The Club members who came up with the classification system didn't want beginners to show up at a hammerfest; they'd get a bad first impression of the Club. Likewise, with the system, those interested in generating more sweat than conversation wouldn't show up for the Thursday night ice cream cruise. That was the intent. Sounds OK on the face of it, doesn't it? Why then the complaints?

Why do these people *care*? The classification only tells how fast the ride leader is going to ride. Any rider of *any* ability is more than welcome to come to *any* ride. The only drawback is that if you come to a ride classified other than your preferred pace, you can't be 100% sure that you'll have someone to ride with. Chances are you will, because our rides are getting more and more riders all the time, but you can't be 100% sure. If you feel like a C ride and show up at a C ride, however, you *can* be sure that at least the leader will be riding at your pace.

This still doesn't answer my question of why members get so shook up about pace. I'm going to guess that it's because of two separate and antagonistic attitudes out there. Attitude #1 says that the faster you are the better you are and that if you ride slower than me it's not because you like riding slowly but that you're somehow deficient.

Attitude #2 says that if you ride fast you're missing the reasons you really should be riding: the camaraderie and enjoyment of nature. Both attitudes really reflect a kind of overall chauvinism that says if you're riding for different reasons than I, you're bad and you should wake up and smell the coffee.

There really *is* room in the Club for all views and all riders. I've got two great memories of weekday Club rides from last year.

One is from the Wednesday-night hammerfest on a night when Dan (a Cat. III racer) showed up. It remains the most difficult 30 miles of my life. I've never tested myself like that and the night stands out as a true accomplishment for me. (It was, by the way, a short loosening-up spin for Dan.)

My other great memory from last year is of a super-slow Thursday-night gabfest that went for ice cream. I met two new cycling friends that night. The weather and conversation were perfect, the ice cream was smooth and sweet, and the sunset from the Kalamazoo Academy parking lot at the end of the ride was the best of '89. Both these rides were great, for completely different reasons.

What we need here is a little tolerance. Even if someone rides differently than you, it's really OK. Just remember not to hammer the newcomers nor ostracize the energetic. And I'll see you for ice cream; save me a spot at Scooter's. And by all means please save me one of those cold Molson's for after the Wednesday night ride, too. I'll need it!

MTB Land Access Update

As we reported in the February *Pedal Press*, the Michigan Department of Natural Resources (DNR) planned to close State Parks trails to bikes on January 1 and in State Recreation areas on April 1. It now *appears* that designated trails will remain open.

Local park managers have sent their recommendations to DNR headquarters. A Parks and Recreation Areas land use committee will convene soon to make final decisions. We'll keep you posted as more information becomes available and as the DNR makes decisions.



New Members

The following are the new members to the Club since the February *Pedal Press*:

Stephanie Allen
Steve Berthel
William Blunt Family
Blair Scott Dudley
Mark Giles
Matt Kasprzyk
Douglas Kirk
Bob Lepley
John, Maureen & Jason
Lewandowski
Steve Miller
David Reiley
Frank Snell III & Frank Snell IV
Shirley Thomasma
David & Karen Watt (& Buck)

A warm welcome to you all!

Area Off-Road Cyclists Start MMBA

The first meeting of the Michigan Mountain Biking Association (MMBA) was held in East Lansing on Sunday, January 28. The MMBA is an affiliate of the world-wide International Mountain Biking Association (IMBA). The new Michigan group is designed to keep off-road cyclists informed about events relating to mountain biking throughout the State such as land access issues, and race announcements and results. For more information, contact Valerie Marsh, the KBC mountain bike ride captain. A membership application appears below.

Membership Services

The following area businesses have offered to provide the following services and discounts to **KBC members only**. We encourage you to patronize these businesses. Take your newsletter, with mailing label attached, to receive the listed services.

Billy's Bike Shop, Galesburg, 665-5202. 10% off any regularly-priced accessory in stock or \$10 off any regularly-priced helmet in stock.

Breakaway Bikes-the Experts! Kalamazoo, 349-5555. A few 1989 mountain bikes and road bikes at closeout prices. 10% discount on all non-sale parts and accessories for KBC members only. South Westmedge, next to Fretter Appliance.

Lakeview Schwinn, Battle Creek, 962-7688. 5% off any regularly-priced item in stock, not including bicycles or labor. Test ride a Kestrel road bike or ATB.

Milwood Schwinn, Kalamazoo, 349-6384. 10% off any non-sale accessory in stock.

Portage Schwinn, Portage, 327-3393. 10% off any non-sale accessory in stock.

Safety Cycle Ski and Sport, Kalamazoo, 381-SAFE. 15% off any clothing in stock. Personalized instruction in bike maintenance with a tune-up.

Village Cyclery, Schoolcraft, 679-4242. 15% discount off all remaining winter clothing for KBC members only.

*Michigan Mountain Biking Association

*MEMBERSHIP INFORMATION

Individual Member -	20.00	Bike Shop/Dealer/ Promotor -	100.00
Patron -	50.00	Patron -	250.00
Benefactor -	100.00	Benefactor -	500.00
	(or more)		(or more)

(Supplier & Manufacture Membership Information
please contact (616) 784-9327)

Membership includes:

- Subscription to BRB
- Updates on D.N.R. other trail issues
- An opportunity for you to have a say in the direction of Mountain Biking in Michigan

Make checks/money order payable to:
MICHIGAN MOUNTAIN BIKING ASSOC.
P.O. BOX 274
Detroit, MI. 48231

Amount Enclosed \$ _____
Name _____
Address _____
City _____
State _____ Zip _____
Phone () _____

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** Michigan Mountain Biking Association (M.M.B.A) is a Non-Profit Organization currently seeking Tax Exempt status under section 501(c)(3) of the Internal Revenue Code. Contributions may be Tax Exempt to the extent permitted by law pending IRS determination expected in 1990.*

Invitational Rides

This list includes many of the larger invitational rides that are being held throughout the state in the coming weeks and months. For more information about any ride, call or write the person listed as a "contact." If you're wondering about a ride, such as "how's the food," "where's a good place to stay overnight," or "how hilly is the ride," KBC members will be able to provide "reviews" of most of the rides from years past, as most of these rides have been held before. These members can be found at the Club meetings, held the first Monday of the month. This is just one more reason to attend the Club meetings regularly!

Key to services:

Ma = Map
SS = Sag Service
LP = L.A.W. Patch
FS = Food Stops
Lu = Lunch
Ca = Camping
MR = Marked Route
Pa = Patch
TS = Tee Shirt
Br = Breakfast
Dr = Dinner
Sh = Showers

Sun, April 15. Celebration of Spring -- Bike Expo Ride. Cobblestone Farm in Ann Arbor, MI. Michigan's first invitational tour of the season is combined with a bike expo, bike workshops, and the lumberjack festival to celebrate the beginning of Spring. The ride offers distances of 26, 37, or 56 miles. Helmets are required. Start time is 8:00 a.m. until noon. Provides Ma, MR, SS, Pa, FS. Contact Jayne Miller, P.O. Box 8647, Ann Arbor, MI 48107. Call 616/452-BIKE or 313/994-2784.

Sun, May 6. Blossomtime Metric Century. Andrews University in Berrien Springs, MI. The tour of-

fers riders a choice of 25, 50, or 100-kilometer routes along the farms, woodlands, rivers, and rolling hill country around Berrien Springs and Southwestern Michigan. Registration 8:00 a.m. until noon. Entry fee \$10 or \$12 after April 15. Provides Ma, MR, SS, Pa, FS. Contact Dave Peterson, Andrews University Physical Education Department, Berrien Springs, MI 49104. Call 616/452-BIKE or 616/471-3256.

Sat, May 12. KAL-HAVEN TRAIL BLAZER. See detailed information in this issue.

Fri-Sun, May 18-20. Wolverine 200. Belle Isle near Detroit, MI. Personal Achievement Ride - a 24-hour marathon. Ride 25 miles in 3 hours, 50 miles in 5 hours, 100 miles in 10 hours, 200 miles in 24 hours. Five-mile flat course. Ride draws over \$2000 in prizes. Starting 9:30 a.m. on the 19th. Entry fee \$16 or \$20 after May 20. Provides Ma, SR, SS, Pa TS, FS, Ca. Contact Dale Hughes or Mike Walden, 23262 John R., Hazel Park, MI 48030. Call 616/452-BIKE or 313/547-0050.

Sat, May 19. The Kalamazoo Bike Club BIKING FOR BURNS. See detailed information in this issue.

Sun, May 20. 5th Annual Frankenmuth Fahrrad Tour. Frankenmuth High School in Frankenmuth, MI. 25, 50, and 100-kilometer and 100-mile routes through scenic Frankenmuth and surrounding areas. Starts at 7:00 a.m. Provides Ma, MR, SS, FS. Contact Optimist Club of Frankenmuth, 531 Guyer St., Frankenmuth, MI 48734. Call 616/452-BIKE or 517/652-6755.

Sun, May 20. Tri-County Warmup Magic Ride. Delta College, University Center, MI. 5, 10, 25, and 50 miles. Family entertainment at the college. All proceeds to Bay, Midland, and Saginaw Counties' Child Abuse and Neglect Councils. Pre-registration to guarantee T-shirt. Registration fee or minimum pledge of \$8. Starts at 9:00 a.m. Provides Ma, MR, SS, TS, FS, Lu, Sh. Contact Ken Maciejewski, 3349 Wintergreen W., Saginaw, MI 48603. Call 616/452-BIKE or 517/684-2234.

Help Keep The Mountain In Mountain Biking

Your mountain bike may be the simplest and easiest form of high adventure known in modern times. Pine forests, grassland meadows, rolling hills; some of these experiences are as close as your local county or city park. Be aware that you'll be sharing these lands with hikers, runners, and equestrians, all typically slower forms of exploring. You

are all out there for the same reason -- to enjoy the sites--so be considerate of other trails users.

When encountering hikers:

Slow down, stop, or pull off the trail altogether. Say hi, be friendly. If approaching from the rear, let them know you're there.

When encountering equestrians (and their hooved friends):

- If approaching from the front, ALWAYS stop and let them pass. If from the rear, ask them if it's safe to ride slowly or walk your bike around them. Say hi, be friendly.

Continued on the next page



Kalamazoo Bicycle Club Events - March 1990



Thurs, 3/1, 5:00 p.m. MTB. About an hour-and-a-half of spirited trail riding. Meet at the KVCC parking lot closest to the running track. Ride will be held if there is snow. Ride will be cancelled for rain or temperatures below 10 degrees. For more information, call Marc at 778-3565.

Monday, 3/5, 7:30 p.m. KBC MEETING at the Healthsource Fitness Center on Turwill Lane, just off West Main between Drake and Solon.

Thurs, 3/8, 5:00 p.m. MTB. About an hour-and-a-half of spirited trail riding. Meet at the KVCC parking lot closest to the running track. Ride will be held if there is snow. Ride will be cancelled for rain or temperatures below 10 degrees. For more information, call Marc at 778-3565.

Sat, 3/10, 10:00 a.m. MTB. Morning off-road ride from the KVCC parking lot closest to the running track. Led by Valerie Marsh.

Tue, 3/13, 5:00 pm. A/A+. 20-30 miles from the KVCC parking lot closest to the running track. Led by Mike Gacki (383-2605).

Wed, 3/14, 5:00 pm. A/B. 20-30

miles from the KVCC parking lot closest to the running track. Led by Steve Clarke (384-9487).

Thurs, 3/15, 5:00 p.m. MTB. About an hour-and-a-half of spirited trail riding. Meet at the KVCC parking lot closest to the running track. Ride will be held if there is snow. Ride will be cancelled for rain or temperatures below 10 degrees. For more information, call Marc at 778-3565.

Fri, 3/16, 5:00 p.m. A. 20-30 miles from the KVCC parking lot closest to the running track. Led by Steve Clarke (384-9487).

Sat, 3/17, 1:30 pm, MTB. Afternoon off-road ride from the KVCC parking lot closest to the running track. Led by Steve Clarke (327-9956).

Sun, 3/18, 2:00 pm, MTB. Afternoon off-road ride from the KVCC parking lot closest to the running track. Led by Kevin S.

Sun, 3/18, 10:30 am, A/A+. 30 miles from the KVCC parking lot closest to the running track. Led by Mike Gacki (383-2605).

Tues, 3/20, 5:00 pm, A/A+. 20-30

miles from the KVCC parking lot closest to the running track. Led by Mike Gacki (383-2605).

Thurs, 3/22, 5:00 p.m. MTB. About an hour-and-a-half of spirited trail riding. Meet at the KVCC parking lot closest to the running track. Ride will be held if there is snow. Ride will be cancelled for rain or temperatures below 10 degrees. For more information, call Marc at 778-3565.

Sun, 3/25. Fisk Knob Time Trial. Call 425-BIKE for more information.

Tues, 3/27, 5:00 pm, A+. 30-35 miles from the KVCC parking lot closest to the running track. Led by Mike Gacki (383-2605).

Thurs, 3/29, 5:00 p.m. MTB. About an hour-and-a-half of spirited trail riding. Meet at the KVCC parking lot closest to the running track. Ride will be held if there is snow. Ride will be cancelled for rain or temperatures below 10 degrees. For more information, call Marc at 778-3565.

Fri, 3/30, 5:00 p.m. A. 25 miles from the KVCC parking lot closest to the running track. Led by Steve Clarke (384-9487).

Riding habits for all times:

Don't skid. Neither a safe nor efficient way to ride, it degrades sensitive trails. Take that turn slowly, or if it's a tight switchback, dismount and walk around it.

Avoid muddy areas. Ride around ruts and puddles, or you'll just make them worse.

Ride in small groups. When possible, keep groups smaller than five.

Wear a helmet. Park rangers appreciate your concern for your own safety, as well as for others'.

Make some new friends. Get to know the staff at the park you typically ride in. Mountain bikers are the newest trail user group and are

rapidly becoming the largest. A positive impression made now will help assure cyclists' future access to parks and public lands.

Reprinted from the Specialized Bicycle Catalog. Thanks to Steve Clarke for the submitting the article.



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Address Correction Requested

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Phil & Jini Caruso
2301 Fairfield Ave.
Parchment MI 49004

Ride Classifications

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

note: All mph given indicate pace while on the bike that the ride leader would like to maintain. Rest stops, their number and duration are a separate issue.

Club Phone Numbers

President	Steve Clarke	327-9956	Race Captain	Mike Teel	
Vice President	Mike Gacki	383-2605	Race Captain	Joe Torre	381-4329
Secretary/Treasurer	Karen Torre	381-4329	Membership List	Phil Caruso	381-0135
Ride Captain	Open		Newsletter Editor	Marc Luoma	778-3565

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 - \$10 Family - \$12 Youth (<18) - \$8 Senior (>60) - \$8

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