

PEDAL PRESS

Kalamazoo Bicycle Club

Kalamazoo Bicycle Club

May, 1990

KBC Participation in Biking for Burns 1990 in Question

As of press time, the ability of the Kalamazoo Bicycle Club to participate in Biking for Burns 1990 has been thrown into serious doubt. This is especially important to the Club when you consider the financial importance of this ride. "Biking for Burns was our one big money-maker for this year," stated a downcast Steve Clarke, KBC President. The disappearance of the anticipated B.F.B. funds would seriously impair the Club's ability to meet it's financial obligations for this year.

Why is KBC participation no better than tentative? Right now, KBC just can't hold up its end

of the bargain. The Bronson Methodist Hospital is taking responsibility for gaining sponsors, for securing the site (KVCC), for getting entertainment for the children, for handling publicity, for buying food for the day of the ride, for running planning and steering committee meetings, and for providing full-time staff for planning the event. KBC is responsible for planning the routes and for providing 30 volun-

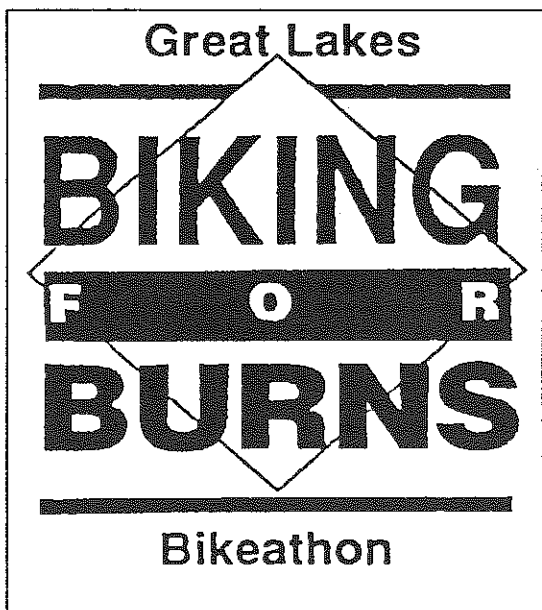
teers to work food stops and drive sag wagons. Steve Clarke planned the route in February. The need for volunteers was announced several months ago, and to date, *nine* Club members have volunteered. That's right, *nine* out of an estimated 525 KBC members have volunteered to work four hours on the day of the ride.

"If we can't hold up our end, we'll have to withdraw. There's just nothing else I can do at this point" said Clarke. He did make two suggestions to Club members: If you agreed to call other members to get their support, please do so. If you haven't

been contacted and can give four hours on May 19, call Steve at 327-9956.

BFB Flyer Corrections:

- You do not need to use a flag.
- KBC is a co-sponsor.
- There will be many activities for children, including a kiddie ride in the parking lot and a bike decorating contest.



KBC Ride Line Becomes a Reality

327-7767

KBC now has a telephone and answering machine which will have an updated list of rides as well as a message service if you want to lead a ride at the last minute or receive KBC information. The ride line will also have updated race information for those of you interested in racing on or off road. We will continue to list rides in the *KBC Events Letter* and in *Pedal Press* but the RIDELINE will be updated each week. If you're not sure of how threatening-looking weather will affect a ride you want to attend, call the RIDELINE. If you want to lead a ride on Saturday and it's Monday, call the RIDELINE. If you want to VOLUNTEER, call the RIDELINE.

Steve Clarke

Contents

Classified	16
Editorial	14
Invitational Rides	17
KBC Events (Ride List)	15
KBC History	10
KBC Member Spotlight	9
KBC Member Questionnaire Results	6-8
Learn Bikespeak	11
Meeting Reports	2
Note from the President	3
Race Team News/Race Results	4 & 5
Ride Incentive Plan Rules	16

April Meeting Report

The meeting was called to order by Mike Gacki, Vice-President, in the absence of Steve Clarke.

BIKE FOR BURNS:

Mike announced that we have finalized an arrangement with the people from Bronson Hospital for the Biking For Burns fund raiser. The Club will receive \$350 for each 150 riders participating in the event. We need to volunteer and get others to volunteer. The Burn Unit has a major sponsor for the first time and is going to undertake significant promotion. Call Gacki or Clarke to volunteer. IT'S IMPORTANT.

MEETING PLACE:

Our previous place for meeting, The Healthsource Fitness Center, is no longer available to us. Gacki asked that anyone who has ideas for a low cost or free meeting place, contact him or Steve.

PLANNED PARENTHOOD FUND-RAISER:

Planned parenthood will be sponsoring a bicycle event to raise funds for their activities. The ride will be by pledge or a minimum fee of \$10 and the ride will go around Bull Lake.

TRAILBLAZER:

Volunteers and participants needed. Call Jim Kaye if you are willing at 649-0505. (It's a Vicksburg number)

SPRING VALLEY RACE:

Again volunteers re needed to help stage the April 29 circuit race from Spring Valley Park. Call Joe Torre at 381-4329.

USCF DISTRICT TIME TRIALS:

KBC will be staging the USCF District Time trials on May 20th. Volunteers are need to marshall, sweep the course, handle registration.

May Meeting

The May meeting will be held on Monday, May 7 at Kalamazoo Valley Community College. There will be *two* programs offered in May:

1) A slide show put on by *Bicycling Adventures*, a commercial bicycle touring company. The presentation will showcase the company's offerings in Michigan. the slide show begins at 7:30 in Room 53 of the Redwood Building at KVCC.

2) An all-category bike ride will start at 7:00. There will be maps and routes appropriate for each category. We'll meet in the parking area closest to the running track.

June Meeting

The June meeting will be held on Monday, May 7 at 7:30 p.m. at Kalamazoo Valley Community College. We'll meet in the parking area closest to the running track. A *very* short business meeting will precede an all-category bike ride.

The bike tune-up clinic originally sheduled for May has been moved to June. Bike mechanics from area shops and from within the Club will be present to teach members how to make specific repairs and/or how to do specific aspects of preventive maintenance. The clinic leaders will have some pre-planned subjects, but this will be a member-driven event. We'll cover the subjects you want us to cover. Bring any mechanical problems or questions to the meeting.

If your bike's already in top-notch shape, come to ride with us. We'll have all ride classifications represented, from the Hammerheads to the Granola Gang.

Club Jerseys: Get 'Em Cuz They're Hot

Kalamazoo Bike Club jerseys, you're seeing them everywhere! A favorite of racers, tourists, tri-geeks, dirt dopes, and road weenies alike, Club jerseys are hot (to look at) and cool (to be seen in).

If you ordered a Club jersey and haven't picked it up yet, your time is running out. Pick them up (and pay for them) by the May meeting or they will be sold. If you didn't order a jersey but want one, bring your checkbook to the May meeting.

June Newsletter Deadline

The deadline for the June newsletter is Tuesday, May 15th. Please send any submissions for the June issue directly to me:

Marc Luoma
13220 S. 38th St.
Vicksburg, MI 49097

or call me at 778-3565. Go ahead. I DARE ya.

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

KBC Extinction?

An organization such as KBC exists because a group of people share a common interest and a common set of goals. Thus each member is dependent upon the others to keep the organization functioning. The contribution of each member determines the value of the whole and extinction of the whole occurs when the individuals no longer contribute to the development of the organization. KBC is at the brink of extinction because the members are not contributing.

Our recent questionnaire revealed a great interest on the part of the respondents for better maps, more rides, more tours, more organized functions, and better ride communication. These desires require volunteers and money. In response to these suggestions KBC has instituted a ride line and a ride incentive program. The new telephone line has cost \$300 and the mileage incentive program will cost approximately \$200. Our annual Club expenses for 1990 will top \$3000. Membership fees pay for only about one-half of our expenses.

A large portion of our funds comes from BIKING FOR BURNS. KBC will be paid \$350 for each 100 riders in the event. The tour is scheduled for May 19 and an application is enclosed in this month's newsletter. In order for the tour to be successful we need volunteers. To date I have received a list of no more than 10 people willing to assist on May 18 or 19. We require 30 people for the day of the event. The poor response has been typical of a general apathy on the part of the Club's membership to assist with rides and biking events. For those of you who have consistently

assisted in the past or who have already volunteered THANK YOU. For those of you who have always felt too busy, we need HELP NOW. As a community organization we are in a position to be a leader in community well being and safety. The BIKING FOR BURNS ride is our tour and is our visibility for community input. Let's share the fun of biking with others as well as help KBC remain a viable organization.

Remember you cannot keep asking the same people to carry all the work load because the outcome will be resignation and extinction. You as a member of the KBC group have a responsibility to the survival of the whole.

PLEASE CALL THE RIDELINE NOW at 327-7767 and leave your name as a VOLUNTEER FOR MAY 19.

Drugs and Biking Don't Mix

Biking provides me with enough of a natural high that I do not need to replace this high with outside stimuli. However, as with all aspects of society people who cycle may also use drugs. A person's choices are their business, but the use of drugs prior to a ride endangers the people you ride with and at that point your choices affect others. Thus, if you want to get high on your bike, do it by hammering with your legs not by slamming 'em down, and if you are going to do a line do it on your bike and not with your nose. STAY DRUG AND ALCOHOL FREE WHILE ON YOUR BIKE OR STAY HOME.

Bike Tours and Fund Raisers

Each week we in the KBC receive notice of many bike tours and fund-raisers throughout the midwest and across the country. KBC keeps a list of all applications and this list is available by simply calling the RIDELINE and making the request. Local tours are listed monthly in the *Pedal Press*. Citing tours in the newsletter simply notifies people of upcoming biking events. Except in the case of BIKING FOR BURNS, KBC does not promote one ride over another. The choice of an event is up to the individual rider and the newsletter is simply a vehicle for providing information. Thus if you as a rider do not support a particular tour or fundraiser, then simply don't go.

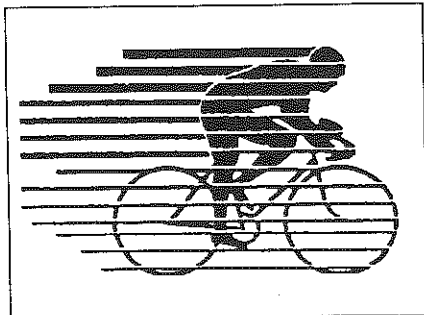
Dues

KBC annual dues will be increased by \$5 per year across all memberships. Beginning January 1, 1991 the dues will be:

Adult membership:	\$15
Family membership:	\$17
Youth and Senior:	\$13

In accordance with the KBC constitution and in order to plan a budget for each year, annual dues should be paid by January 31. Memberships received after July 1 will be charged 50% for the remaining year. We understand this may mean a "short" year for some members or a long year for others, but a predictable budget for the year is essential to the financial health of the Club. The new dues take effect January 1, 1991. Please take this into consideration in renewing your memberships for 1991.

Race Team News



Spring Valley/PHP Race:

The majority of the April Race Team meeting was given over to planning for the April 29th Spring Valley/PHP Circuit Race. By the time you read this, the race will probably be over, but as we go to press, plans are nearing their crucial final phases. The team members are spending lots of time volunteering for the seemingly endless tasks and details that go into making the race a continued success. Mike Teel and Joe Torre deserve a huge vote of thanks for their unending efforts.

Time Trials:

The regular Wednesday-night time trials will take place each week from May through August. See the *KBC Events* for details. Thanks to Sandy Kimbrough for her organization and officiating at the time trials.

Training Rides:

Tuesdays: Meet at KVCC at 6:00 for Sprint training.

Thursdays: Check the ride line (327-7767) for interval training rides on Thursdays.

Illinois Races:

Sandy Kimbrough has the Illinois USCF racing schedule. If you're interested, call Sandy at 381-1724.

Whitehall Road Race Results

Below are *partial* results from the road race held in Whitehall, Michigan on Sunday, April 8. I've listed the first three finishers in each category and all other KBC finishers *that I know about*. My sincerest apologies to anyone I've missed.

Citizen's Women:

1. Ann Luhner-GRR
2. Maureen O'Brien-Spring Lake
3. Beth Lamon-Galesburg

Citizen's Men 35+

1. Ray Lohner-GRR
2. Ken Haraburda-GRR
3. Tom Jackson-Kentwood
6. Steve Clarke-KBC/Village Cyclery

Citizen's Men under 35:

1. Scott Robinson-Upland
2. Jim Walters-GRR
3. Paul Kissel-Traverse City
9. Robert Fink-KBC
11. Mike Gacki-KBC/ Village Cyclery
12. Marc Luoma-KBC/ Village Cyclery

USCF Masters 35-41:

1. Gary Ball-Rapid Wheelmen
2. Dan Ferrara-KBC/Alfred E. Bike
3. Bill Weaver-Rapid Wheelmen

USCF Masters 41+

1. Loren Simmons
2. Bob Weddle
3. Tom Jones

USCF Women:

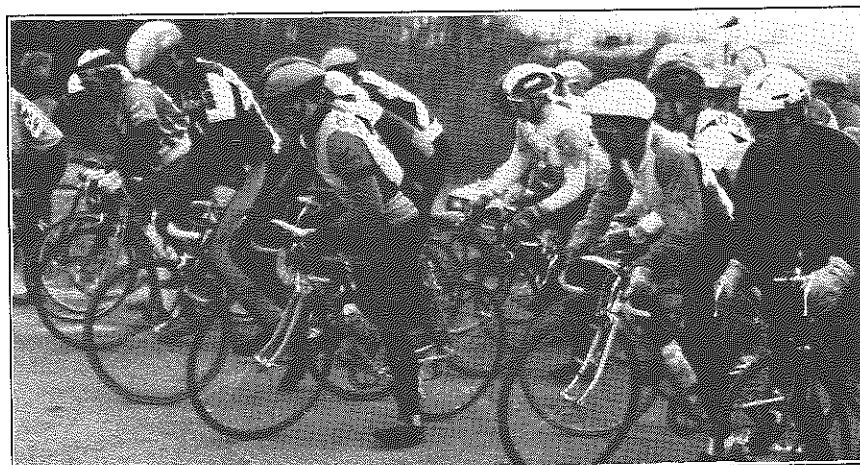
1. Sue Palmer-Cyclopath Racing
2. Lisa Flahive-Team Yogurt
3. Jill Harris-Flying Rhino
8. Roberta Hillman-KBC/Village Cyclery

USCF Cat. IV:

1. Jeff Harpe-Speedway Wheelmen
2. Wiley Mullins-Wolverine SC
3. Joel Schmid-Berrien BC

USCF Cat. I,II, III:

1. Chris Johnson-Kinetic Systems
2. Tom Demerly - International Cycling Saddlemen
3. Richard Landgraff-Kinetic Systems



Fisk Knob Time Trial



The TT Started With A Major Downhill

The annual Fisk Knob Spring Time Trial was held on Sunday, March 25 in Sand Lake, Michigan, just north of Muskegon. Despite temperatures in the 30s and 40s and 20-30 mph winds, over 110 riders showed up on Fisk Knob, the highest point in Kent County, for a 21.6 km time trial.

The route started at the top of the knob, proceeding down a screaming descent for over a mile. The first turn headed the riders into the teeth of the howling headwind for the longest straight of the course (about three miles). Only the (sizable) hills provided the riders with any shelter from the gale. After the turnaround, participants enjoyed that same wind while riding back to the start. The force of the tailwind had some riders talking about mammoth chainrings for next year. The course ended on the same hill it started on -- but this time going up.

The organizers, the Obermeyers of the *Rapid Wheelmen* Bicycle Club, should be congratulated on another

fine event. The TT was well run and organized throughout the long day. Thanks also to USCF officials Sandy Kimbrough and Gary Kosinski.

Partial results for classifications in which KBC members participated appear below. If you want a copy of the complete results, write to me [Marc] and I'll mail you one

the same day I get your letter.

USCF Senior Men:

1. Tom Demerly (Saddlemen/Time/Bolle) 38:35
2. James Potter 40:53

3. Jamie Willaert (Jackson Road Club) 41:30
5. Marty Minka (KBC/Breakaway Bikes) 41:48
6. Bret Austin (KBC/Village Cyclery) 41:58

USCF Women 30+:

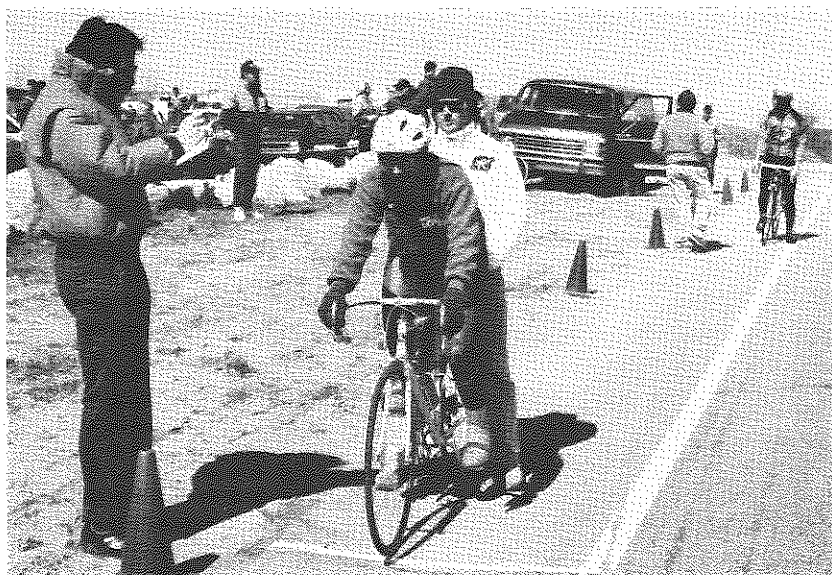
1. Roberta Hillman (KBC/Village Cyclery) 48:44
2. Donna Ventimiglia (Flying Rhino CC) 1:00:24

Citizen's (Non-licenced) Men 18-29:

1. Mike Gacki (KBC/Village Cyclery) 44:36
2. Curt Wylie (Kent City) 44:45
3. Ron Shuitema (Rapid Wheelmen BC) 44:47

Citizen's Men 30+:

1. Brian Stauffer (Holland) 38:31
2. Tom Jackson (Rapid Wheelmen BC) 44:24
3. Marc Luoma (KBC/Village Cyclery) 44:33



Rider #1, Roberta Hillman, Gets Her Countdown

KBC Member Questionnaire Results

We've received many responses to our Club questionnaire and the Club officers are already planning some changes based on requests made in the questionnaires. Some changes (such as bike repair help at a meeting) are already in the works for upcoming rides and meetings. The complete results are as follows.

GENERAL:

1. How long have you been a member?

Average (mean) of 3.3 years.

Some members (like the Carusos with 16 years) really skewed the results, though. It seemed like the newer members were more likely to respond to the questionnaire.

2. Out of the last 12 Club meetings, how many have you attended?

Average of 2.1

3. Are you most interested in (check all that apply):

Touring	78%
Racing	35%
Recreational Riding	70%
Off-road bikes	17%

RIDES:

1. During the peak season, how many times per week do you ride with the Club?

Average 1.5 with a range of 0-5.

2. In which of the following categories are you most likely to attend rides?

A: 39%
B: 39%
C: 39%
D: 4%

E: 9%
F: 0%

3. Are you more interested in weekday rides, weekend rides, or both?

Weekday only: 0%
Weekend only: 22%
Both: 74%

Ride leaders should "...take the time to ride with and talk to new riders."

4. On weekday rides, what is the best starting time for you?

9:00 a.m.	1 rider
3:30	1 rider
5:00	9%
5:30	22%
6:00	22%
6:30	26%
7:00 or later	26%

(some respondents listed more than one time)

5. What do you hope to get out of Club rides (e.g., training, conversation, camaraderie, riding and/or equipment tips)?

Even split, many respondents answering "all."

6. On Club rides, do you like to stop for food? For rest? After how many miles do you like to stop?

Food: 70%

Rest: 70%
Mileage: Average of about 15 miles, ranging from 10-30 miles.

"Ice cream" was mentioned in quite a few responses.

7: Think of the best Club ride you've ever been on. What made it so good?

All responses appear below.

- Time Trials
- People who were friendly
- Ice cream break
- A lot of participants
- Mild weather, congenial company, helpful suggestions on how to ride, etc.
- Friendly, complimentary people, good weather, attainable pace for me.
- Club ride to a camp ground. We were one group, not two or three.
- Friends, nice route.
- Paceline rides with other good riders.
- Planning by ride leader. Group evenly matched -- shared pulls.
- Riding with riders of a comparable style.
- Generally the day and the people.
- The other riders; splitting into two skill groups.
- The people, the weather, challenging pace and distance.

8: Now (however painful) think of a ride that didn't turn out so well for you. What happened?

- Rain turned to freezing rain with 40 miles left to ride back.
- Nobody else showed up! Bad weather.
- People in a ride they never should have begun, slowing the group down too much.
- I pushed on hills, ruined my knees.

- Mechanical failure.
- We started too late and rode too slow to get back before visibility was bad.
- Flat tire and ended up stranded because I ruined the spare and turned help away before that happened.
- A ride to Paw Paw and people from Battle Creek were left behind and they were new and didn't know the area.
- Rain and cold.
- Flat tires.
- Poor conditioning on my part.
- Spoke broke.
- When I felt that I had to go as fast as the guys.
- Equipment problem -- painful saddle and position on a new bike.

9: *What advice would you give to KBC ride leaders for the coming season?*

- Don't go over scheduled speed.
- Nice variety as to ride categories and ride offered.
- Have clear maps.
- Have people introduce themselves.
- Variety of start points and distances.
- Stick to the advertised pace and make sure everyone riding that pace is alright.
- Keep up good job they're already doing.
- Get names and [be] aware of all riders riding and ride listed pace, smile and enjoy yourself.
- Take time to talk and ride with new riders.
- Variety of routes.
- Creative ideas and names -- fun gimmick.
- Keep it up! We need you.

10: *Have you ever been a ride leader? If so, thank you! If not, why not?*

Below are the responses of those who said "no."

- I haven't been on a ride yet.

- Probably will soon!
- I'm new, but I'll try.
- I don't feel experienced.
- My job interferes too much.
- Commitments.
- Just starting.

"...the rider incentive is a great idea. How about a ride leader incentive plan?"

- Just a beginner.
- The A+ rides were on the same day as the time trials.
- I don't care for the responsibility.

CLUB MEETINGS:

1: *I don't attend Club meetings because (please don't just say "not enough time." Be as specific as possible.)*

- Not interested.
- Just joined.
- I don't know people and lack of time (truly).
- Not interesting
- I enjoy exercise and riding, not sitting.
- Time is part of the issue. At this stage of my life, KBC rides are my reason for belonging. I'm tired of meetings.
- I don't feel a part of the group yet.
- I work 3-11.
- Time conflicts.
- Not enough time.
- Topics are not relevant to my interest (e.g., racing and training tips).

- Other commitments on Mondays. How about Tuesdays?
- Conflict.
- Another commitment on Monday evenings.
- Have a conflict on Monday nights.

2: *I do attend Club meetings because.*

- It's our club too!
- This is my favorite hobby. I love it!
- A topic interests me.
- It's my club.
- I am interested in being more involved.
- They are informative, socially fun, and because I am a member.
- I want to meet other members.
- Promote the sport!
- I like to know what is happening.

3: *Are you interested in Club business during meetings?*

Yes: 54%

No: 15%

4: *Are you interested in entertaining/informational programs during meetings (e.g., tour information, training tips from sports medicine professionals)?*

Yes: 57%

No: 4%

5: *If you answered yes to 4, above, what programs would you like offered in 1990?*

- Great tours, great races, and updates from our racers.
- Bike maintenance, tire changing. [Come to the June meeting! -- ed.] Publish upcoming meeting agendas.
- Tour info and training tips: 1) Anything on bike fit for different types of riding; race vs. tour, etc.

Continued on the next page.

Questionnaire Results (cont'd.)

2) New gear, e.g., merits of "step in" bindings vs. toe clips, or better yet, benefits of new brands of pedals that allow rotation of foot.

It's always fun to learn what's new and have someone knowledgeable explain the advantages.

- Update on new equipment. MTB training tips.
- Training tips. I'm a new rider. Last year was my first year.
- Bike comfort problems session. [Done during April meeting by Paul Wells. -- ed.]
- Information on touring trips. Bicycle maintenance tips.
- Talks from sports medicine doctors, Seminars on bike repair and maintenance.
- Longer tours for weekends or fall -- even other places like Carolina Shoreline, but for recreational bikers. I have a mountain-type bike and like to move along but not race.
- Training tips.
- Selecting a bike, training tips.
- How to change 10-speed bike tire and minor repair.
- Social events and get-togethers. Training information. Tour information.
- Training to increase speed. Riding safety. Bicycle repair.
- Info on area rides.

PARTING SHOTS:

Please take a moment to let the KBC officers and members know what they can do to help make the KBC a better club for you.

- My interest in KBC is primarily for newsletter info and time trials.
- How about 1 club ride night with three ride leaders: A/A+, B, C/D along generally same route with larger loops for faster riders. [See Thursday night rides

-- ed.]

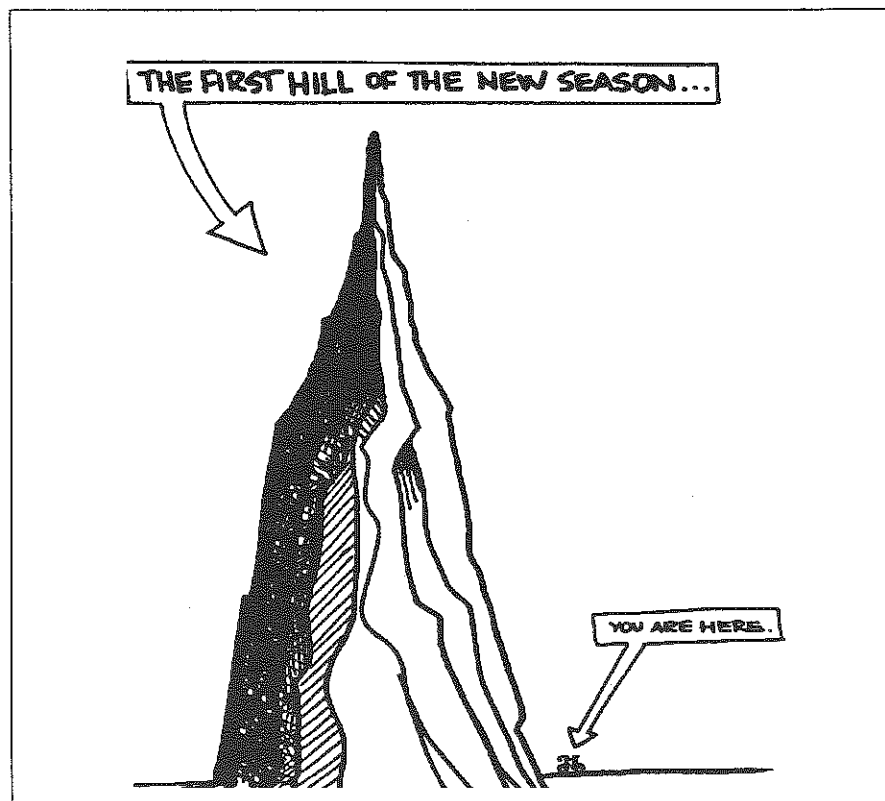
1) I think the ride incentive program is a great idea (e.g., miles).

2) If that works, next year let's try a leader incentive as well.

- Keep the current upswing alive -- more rides/more riders. Really nice job on the newsletter.
- I wish the club would consider organizing and sponsoring the run, bike, canoe triathlon that used to be held at Spring Valley Park. It was a unique event in Michigan!
- I'm new to this wonderful world of biking. Your info on upcoming rides and current affairs has been very helpful to me. Thanks. P.S. Nice job with the newsletter. I know these take time. Keep up the terrific job!
- Great newsletter format and quality.
- Keep up the informative newsletter. [You make us blush -- ed.]
- OBEY ALL STOP SIGNS AND ALL TRAFFIC LAWS!
- Offer more A-B rides during

the week and on Saturdays. More picnics and parties. A KBC Bike tour besides the Trail Blazer.

- Until I participate longer I'm not sure.
- Variety of locations, distances, times for C riders. If I'm in town this summer I will lead some C rides each month.
- I don't really know at this time. I'm just getting back into it.
- Give new members someone to help them lead some rides until they learn the ropes (so to speak). I'm not interested in racing but very much enjoy touring and recreational riding on 50 miles or plus rides. Thank you!
- Consider moving Wednesday night rides to avoid conflict with time trials!! Use "ride line" to cancel rides in the event of bad weather. Move "Burns" to August.
- I was impressed with the meeting I went to. Looks like being a member is going to be a worthwhile and fun experience.



Cartoon by O'Grady, reprinted from *Velo News*, 1990

KBC Member Spotlight:

Sandy Kimbrough



Sandy Kimbrough and Her Ubiquitous Clipboard

Member name:

Sandy Kimbrough

Member since:

1977

Present Club volunteer position:

Sandy is actively involved with the KBC Racing Team. She's the team secretary and helps organize races like the Spring Valley/PHP Circuit Race. Every week during the season, she holds time trials in Climax, something she's done for the past seven years!

Past club volunteer positions:

- Newsletter Editor
- Tour Organizer
- Ride Leader

Sandy is also a USCF (United States Cycling Federation, the governing body for amateur racing in the United States) official. During the racing season, Sandy officiates most weeks at races throughout Western Michigan, and in South Bend, Indiana. She also officiates at the USCF district road race, track, and time trial championships. Last year, she was an official at the Senior

National Championships in Park City, Utah.

How did you become involved with the USCF?

"My son suggested I get into it. He was an official at the time. I did, and enjoyed it. That was six years ago."

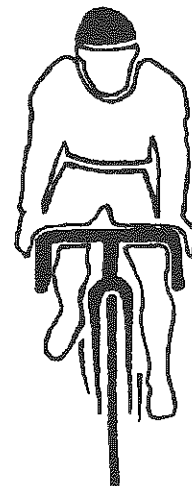
What do you get out of officiating?

"I enjoy officiating. It's fun. Officiating at the nationals was exciting. I got to meet all the big name racers I'd read about. I don't get to ride as much as I used to, though; I'm always at a race or something."

What kind of race do you enjoy the most?

I like officiating at track events best. It's the most exciting kind of racing.

[Thanks to Roberta Hillman for conducting the above interview and writing the article -- ed.]



Some Early History of the Kalamazoo Bicycle Club

-- by Phil Caruso

Marc Luoma has asked me about the history of my (our) involvement in the Kalamazoo Bicycle Club. Since I have a terrible memory, I began to go back to old newsletters to see if I could construct the relevant dates.

It was a fascinating trip back through time. It brought back to mind the many, many good times as well as the sad times (when Karin Hart and Donna Ryskamp were involved in the accident and when Arne Maki died). It brought back to memory people who were very involved in the Club for a few years and then drifted away from the Kalamazoo area. (Remember Grant Oesterich and Mark & Rose Yancey, Tim and Pat Florian, the Dindas, Cliff and Ed Conroyd,...) As I dug through the old newsletters I found a written source of Club History that many of the current members probably do not know. Let me summarize:

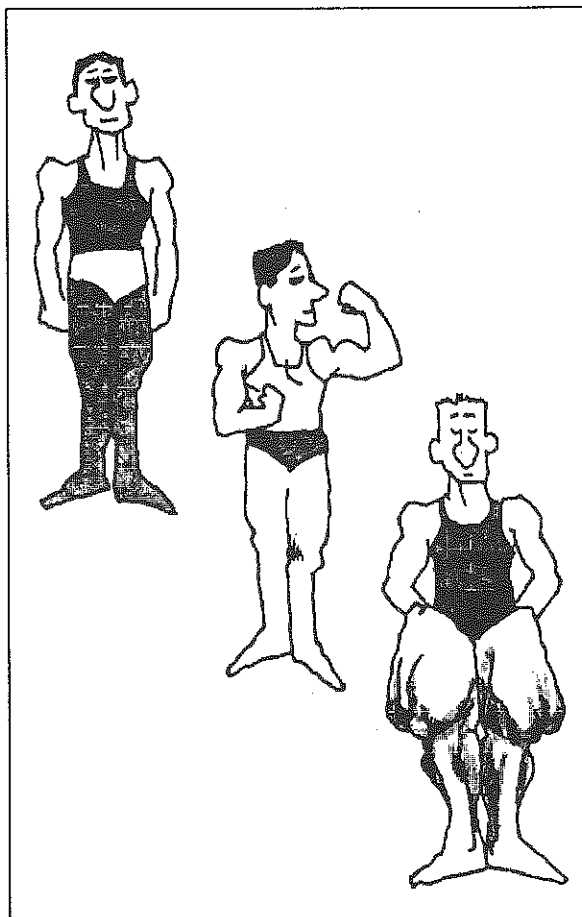
Although a very small group began riding together in the late 60's, the formal beginning of the Club is probably 1971 when the only "officer," Ross Barker, began editing a newsletter. Ross later designed the logo that we still use. We have no newsletters from 1973 in the Club files. In 1974 one of our current members is listed as a ride leader: Frank Desposato. This is the first mention of one of our current members. In 1975, John Busack was elected President and the Club became more formal. Terry Florian is listed as Road Captain so he qualifies as the earliest officer of those who are currently members. Jini and I led our first rides in 1975. (We think we joined the previous year, 1974. We have had continuous membership since that time.) The first time a Caruso shows up as officer is

in 1976 when Jini is shown as Secretary and I show up as Treasurer. Since that time Jini has been President (1978), Secretary (1976, 1977 and 1979) and Road Captain (along with Joel Dinda in 1976). After getting elected treasurer in 1976 I remained in that position through 1978 at which time I served as President for a year. After an absence as officer for a few years, I became newsletter editor in 1983 and apparently remained there at least through 1986. I no longer have copies of the newsletters for 1987, and 1988 so I do not know if I was also newsletter editor for those years, but I have a feeling I was. Beginning in 1989 I retired to simply being in charge of the membership list. I also began my current stint as a regional director to the League of Michigan Bicyclists in 1988.

There is one very important event that happened during the previous decade of which, I suspect, few of the current members are aware. In 1978 the Kalamazoo Bicycle Club staged the League of American Wheelmen National Convention, ESCAPE'78. There were about 750 riders from around the world and the turnout was the biggest of any Convention other than those held the fourth of July weekend. (I believe that still holds true.) At national conventions you can still occasionally see one of our T-shirts.

The steering committee for *Escape'78* included: Joel Dinda, Rick Bauer, Jini Caruso, Sandy Kimbrough, Gary Keene, Debbie Dinda, and I was the treasurer.

As I think back through the information contained in the old newsletters, I remember the people, some of whom are no longer as active in Club activities, but who really deserve mention. One who has outlasted just about everybody is Sandy Kimbrough who still spends lots of hours supporting bicycle activities. Al Holmes still leads lots of rides and is very supportive of new riders. Another two groups who were indispensable in many of those past years are Jan McLain and her "kids," and Dave & Jan Hageman.



Pick the Cyclist

From *The Ten Speed Commandments* by Mike Keels

Learn *Bikespeak* The Easy Way In This Column

Gentle readers: In an effort to help out the flood of newer riders that are joining the Club, our prime correspondent, who will only identify himself by his C.I.A. codename, the Scarecrow, has sent in the following list of common bicycling terminology. Since it's true that one of the prime difficulties in starting any new activity is learning the language, the following terms and translations should make the transition to the wonderful world of cycling just that much easier for new riders.

A list of terms follows, along with a definition and sample usage of each term.

BIG BOYS (v)

Fast riders. While this term may seem sexist, it is essentially genderless. "Big Girls" was tried for awhile, but the womenfolk took umbrage at some imagined second meaning. *Big Boys* now refers to both genders.

"He's going to have to train if he wants to ride with the *big boys*."

BLOW UP (v)

To reach the limit of one's physical endurance and therefore fail to keep pace.

"I knew if I kept *hammering* up the hill, she'd *blow up* before I would."

BONK (v)

To ride until one's glycogen stores are depleted, forcing one to stop riding and seek nourishment or risk falling over.

"Of course he *bonked*; he rode past the first two rest stops."

BOY RACER (n)

See *club racer*.

BREAK (v, n)

To ride faster than and away from the main pack of riders.

"I *broke* from the pack at the 29-mile point." "I was in a three-rider *break*."

CENTURY (n)

A 100-mile bike ride.

"We rode a *century* on Saturday and 30 miles on Sunday." (See also *Metric Century*.)

CLUB RACER (n)

Remember all those people in high school gym class who used to snap towels at you and make jokes about your musculature? Well, they all shaved their legs, bought \$2000 racing bikes and became *club racers*. A grimace is a permanent part of their anatomy and they think that stop signs are an affront to their cycling prowess. You can imagine how much help you'll get from them if you have a flat tire.

"The *club racers* will meet at KVCC for a 200 mile ride to Lansing -- for breakfast. This is an A++++++ ride! Those who can't keep up will be dosed with 'Halt!' and pelted with small rocks as we pass by."

(See also *hammerhead*. The term *boy racer* is often substituted by those less sensitive to the need for genderless nomenclature.)

DRAFT (v)

To ride closely behind another cyclist, thereby having him or her do the work of breaking the wind. Three or more cyclists *drafting* in a row are called a *paceline*.

"I *drafted* him for about ten miles, then he *dropped* me."

DROP (v)

To leave another rider behind due to his or her inability to ride as fast as the group.

"I was fine for the first ten miles, then the @\$\$%^s *dropped* me on the hills."

DWEEB (n)

See *slug*, only worse.

GORP (n)

Originally an acronym for *Good Old Raisins 'n' Peanuts*. Few cyclists realize, however, the true origins of the stuff. In this case, Mom was right when she said "don't put that in your mouth -- you don't know where it's been." See Figure 1.

"It was either eat the *Corp* or bonk, so I bonked."

GRANOLA GANG (n)

Bike club members who prefer a more sedate pace on their club ride. These folks could ride faster if they wanted to; they just don't want to. Name comes from the members' usual association with 60's-type organizations like "nuke the whales" and "vegetarians against fluoridation."

"I'm still sore from that crash on Tuesday. I'm riding with the *granola gang* this weekend."

HAMMER (v)

To ride fast, at or about the ragged edge of one's performance envelope.

"On the way out we took it easy, but on the way back we really *hammered*."

(See also *Jam*.)

[For KBC riders only: Hammer is also the nickname of a club rider you may recently have killed yourself trying to keep up with. -- ed.]

HAMMERHEAD (n)

One who regularly *hammers*. Usually spoken in a pejorative sense by slower riders and the *Granola Gang*.

"The tour was real nice until those %^&(% ^&*@!@ *hammerheads* blew by me doing at least 25."

HIT THE WALL (v)

Same as *bonk* and/or *blow up*. This is a term stolen from the runner's vernacular and therefore never used by *serious* cyclists. Only used by *Tri Geeks* and *wanna-be's*.

"Oh, my! If I have to ride all six miles, I'll *hit the wall* and it'll be so icky!"

JAM (v)

To ride fast.

"I could barely keep up. She was really *jamming* at the front." (See also *hammer*.)

METRIC CENTURY (n)

100 Km or 62 miles.

"We're doing the Blossomtime *Metric Century* ride in May."

NINETY-DAY WONDERS

A term borrowed from the military, where it indicates an officer fresh from training.

In our case, it means a cyclist during his or her first season of cycling who has read a couple of issues of *Bicycling* magazine and has gained that dangerous "little bit of knowledge." This rider is in a prime position to be very well pleased with how much s/he knows and to be completely ignorant concerning his/her ignorance. Full of themselves and their abilities, they will corner any unsuspecting cyclist, regardless of the other's experience, and will run at the mouth, spouting half-truths and grave gibberish at great length until the unsuspecting listener is forced to leave or begins to drool into his/her lap and develop permanently-glazed eyeballs.

"Quick, pick up the pace, here come those two 90-day *wonders*."

OTB (n)

Off the back. When a cyclist gets left behind by a faster rider or riders, he or she is *off the back*.

"I looked back to see where Mike was, but he went *OTB* five miles earlier." (See also *drop*.)

PACELINE (n)

Three or more cyclists, taking turns *drafting*.

"I was dead until I got into a ten-bike *paceline* and rested for a while."

PULL (v, n)

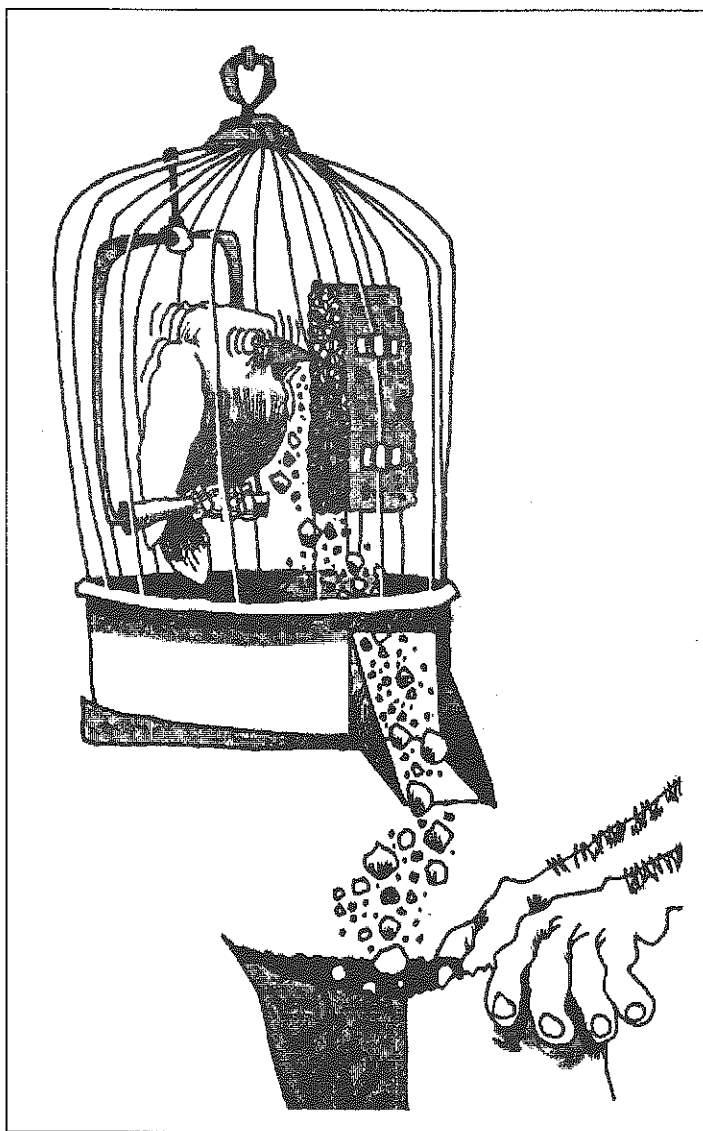


Figure 1. GORP: Where it *really* comes from

From The Ten-Speed Commandments by Mike Keefe

To ride at the front of a paceline to break the wind for the riders behind.

"That new guy is worthless; he wouldn't even take his *pull*."

PUNCTURE (v)

To get a flat tire. Most often heard as an excuse as to one's performance.

"I was in first place, but then I *punctured*."

ROAD RASH (n)

Abrasions caused when a rider's body parts meet the pavement at speed.

"He had *road rash* all over his right thigh."

ROAD WEENIE (n)

A name given to road riders by mountain bikers. Most often applied to road riders who buy mountain bikes and ride faster in the woods than the mountain bikers.

"Look, they're riding in the fields. They must be *road weenies*."

S.A.G. (n)

Suggested Advance Guidelines. This term originally designated the point on the route of a tour that one should pass by at a given time to remain supported by the tour organizers.

"The 10:00 a.m. SAG is the corner of 6th Street and D Avenue."

Now designates support offered by tour organizers, as in a rest break or support vehicle. (See *SAG Wagon*.)

SAG WAGON (n)

A tour support vehicle that travels

the tour route. The *SAG Wagon* supplies repair parts to riders that should have known enough to bring their own, makes repairs for riders that have no business on the road if they don't even know how to fix a flat, and transportation for wimps, slugs, and dweebs that are too tired to ride the rest of the route that they signed up to ride in the first place.

"Oh, if I ride up that hill I might get some icky sweat on my forehead. I'll wait for the *SAG Wagon*."

SANDBAGGER

A cyclist who always attends club rides of at least one ride classification slower than their ability. For example, cyclists who always ride at an A pace, yet will only attend B, C, or D rides. We think it's the "big frog, small puddle" syndrome working here.

"He thinks he's fast, but I couldn't get the *sandbagger* to come out on an A ride."

SERIOUS CYCLIST (n)

Someone who trains the same amount as the speaker.

"You could tell that he was a *serious cyclist* just by looking."

SIT IN (v)

To *draft* a group of riders.

"I feel weak today. Can I just *sit in* for a while?"

SLUG (n)

A very slow cyclist. Most commonly used in reference to a cycling wanna-be who fancies him or herself fast. Clearly a pejorative term. (Contrast with *Granola Gang*.)

SUCK WHEEL (v)

To ride behind another cyclist in his or her draft, making him or her do the majority of the work.

"I could ride with those guys, too, if all I did was *suck wheel* all day!"

TECHNO-WEENIE (v)

A cyclist (?) more interested in the hardware of the sport than in actually participating. These types are almost always *slugs* and probably still program in FORTRAN.

"Who? The woman on the Kestrel? She's a real *techno-weenie*."

TRI GEEK (n)

Regular participant in triathlons; a bicycling "wanna-be" who wastes lots of time on running and swimming and other childish activities. The *Tri Geek* is readily recognizable because his or her bike always sports this week's innovation in component foolishness. *Tri Geeks* are relentless believers in the "equipment over training" philosophy of competition. *Tri Geeks* are, however, most annoying when they beat you by a minute at the Wednesday night time trials.

WHEEL SUCKER (n)

One who *sucks wheel* more than he or she *pulls*. [See how easy it is to pick up these terms and scatter them around in sentences? — ed.]

A favorite tactic of the *wheel sucker* is to *draft* for 99 miles of a 100-mile ride and during the final mile, pull ahead of the lead rider (who's been taking his or her share of the *pulls* at the front) with a smirk and rude comment.

"I could keep a 24 mph average, too, if I wanted to be a *wheel sucker*."

Editorial: A Day In The Life

Submitted for your approval: follow with me, gentle readers, the activities of Cecil the Citizen Cyclist on a typical two days in biking land.

1. Cecil arrives home from a hard day of peddling noxious potions for a local drug supplier, ready for a night of pedaling his newly-tuned-up *Linguini di Tomati* racing bike to work out some stress. He plops down on the sofa and grabs his Club newsletter, looking for a good Club ride. There are three rides that night, and Cecil spies one he thinks he'll like.

2. Looking spiffy in his new Dominante cycling wear, Cecil arrives at the ride starting point. A friendly Club member introduces herself as the ride leader and hands Cecil a map of the ride, in case he gets lost. She asks him to sign the ride roster. He eagerly complies, knowing that he only needs another 200 miles to get his free KBC jersey.

3. After a hard, but satisfying 30 miles, Cecil hangs out in the parking lot, trading lies about last weekend's tour with the other riders. He gets a tip on saddle position from an experienced rider that will help cure his lower back ache, and a recommendation for some new lightweight tires that will make his next ride a little easier. Finally, he makes arrangements to meet another rider at Somersault's Cafe, a local watering hole, on Saturday night.

4. On Sunday, the ride captain calls Cecil to ask if he'll lead a ride or three next month. His fortitude collapsing under the awesome weight of the responsibility of leading one ride, he explains that he just can't because (get ready) *he doesn't have enough time*. He then returns to the sofa to watch his Tour de Trump video tapes, thinking what a pushy type the ride captain is. After all, he paid his Club dues.

Well well, gentle readers, things have worked out pretty nicely for our boy Cecil. The nicest part of our story is that this stuff really happens! It happens to 20 or 40 people about four times per week during the cycling sea-

son. And (hold on: this is where it gets strange) it *doesn't* happen by accident. People actually *plan* this stuff. Oh yea? Really? Sure, let's see: for Cecil to do the four things above, what had to happen first?

1. Cecil reads about rides in the newsletter: Almost two month's prior to Cecil's ride, a *ride captain* got on the phone and listened to a million excuses from Club members about why they couldn't lead one ride. The captain finally got some *ride leaders*. Some even called *her* to volunteer. She then called the *newsletter editor* [*don't even get me started -- ed*] and told him about the rides. He did all that newsletter stuff, getting other rides from other ride captains, writing articles, getting submissions from other volunteers, etc. It was printed, mailed, and reached Cecil by the first of the month.

2. Cecil arrives at the ride start: The *ride leader* has drawn maps, gotten them copied, and brought them to the ride. She got a stack of ride rosters from the editor or from the *database administrator* (D.A.). After the ride she'll mail them in so the D.A. can enter them into his computer so that Cecil can get his jersey at the end of the year. Another volunteer has already ordered the jerseys after getting the best price from six vendors, after another volunteer has designed the jerseys.

3. Cecil enjoys the company of the other Club members: This depends on an unbelievable infrastructure. To wit:

Club President: This guy spends about 20 hours **every week** on Club activities, doing things like arranging for Club meeting speakers and rooms, meeting about the yearly club ride, getting ride captains, arranging for the ride line, getting "appointed" volunteers, and a million other non-recurring tasks that come up every week.

Vice President: When the Pres finally drops from exhaustion or runs the risk of being fired for doing Club stuff at work, the Vice Pres takes on the overflow.

Treasurer: All the bills (lots of them) get paid, on time, every time. The books are balanced. A thousand checks with "misc" written on the memo portion get deposited or paid. And lots of other "bookkeeping" stuff that I don't even understand.

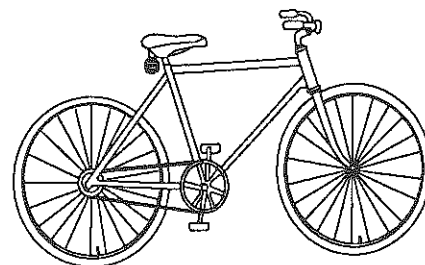
Database Administrator: You get your newsletter. When you send in your dues, you get on the roster. When you ride enough miles, you get a free jersey. Lots of other minutiae.

Newsletter Editor: As I said above, don't *even* get me started. This could be a twenty-page editorial.

4. After all, Cecil has paid his Club dues: His dues cover the cost of *printing* and *mailing* the newsletter, **that's all**. Without volunteers, nothing happens. Without volunteers, Cecil can ride his same old route, day after day, and he can ride it by himself. He can depend on advertisements for product recommendations. He can find out how to fix his flat tires from a library book, and he can sit at the bar alone with the other lounge lizards at Somersault's.

Finally, just remember, people who do volunteer are luckier than those who don't. Volunteers have 24 hours in every day, as compared to non-volunteers, who only have...

[Editorial note: As you can tell from the above diatribe and other items in this issue, this has been the Spring of our discontent. But soon, those warm summer days will come to warm our legs (remember riding in shorts?), and those countless Club volunteers will come out of the woodwork to help, and we'll be more cheerful. We promise. Really.]





Kalamazoo Bicycle Club

Events - May 1990



Recurring Rides:

Tuesdays:

C, 7:00 The Caruso Cruise is back! 10-20 miles from Kalamazoo Academy. Led by Phil Caruso.

Race Team Training Ride, 6:00 Training ride to work on sprints. Meet in the KVCC parking lot closest to the tennis courts.

Wednesdays:

A/A+, 6:30 20-30 miles from Kalamazoo Central High School. Wednesdays from KCHS are usually somewhat hilly and sometimes include the infamous 6th Street Hill. Led by Don Povendo (381-6819).

All Classifications, 6:15 10 mile time trial. First rider starts at 6:30. Park in the American Legion Parking Lot on 44th Street in Climax, just south of the blinker in downtown Climax. The TT start is south of town at the intersection of 44th and "OP" Avenue. Officiated by Sandy Kimbrough. The Time Trials are open to all, but you must wear a helmet.

Thursdays:

A/A+, 6:30 20-30 miles from Kalamazoo Academy. On Thursdays, come out and meet the B and C riders before setting off on your own A/A+ ride. The terrain is mostly flat. Led by Charlie Fuentes (327-2809).

B, 6:30 20-30 miles from Kalamazoo Academy. On Thursdays, come out and meet the A and C riders before setting off on your own B ride. The terrain is mostly flat. Led by Mike

Murrel.

C, 6:30 20 miles from Kalamazoo Academy. On Thursdays, come out and meet the A and B riders before setting off on your own C ride. The terrain is mostly flat. Led by Brad Cosgrove.

Sundays:

A+ Ultra-distance (150-200 mile) training rides for the 24-hour ride that will be held in June. If interested, call Steve "Quads" Clarke at 327-9956.

Non-Recurring Rides:

Wed, 5/2, MTB, 2:00 Meet at the KVCC parking lot closest to the running track. Led by Kevin Stevens.

Fri, 5/4, A+, 6:30 The second annual "Ride the Hill of Destiny with Johnny Excitement" ride. 20-30 miles from the KVCC Parking Lot closest to the running track. Led by Steve Clarke (327-9956).

Sun, 5/6, C, 1:00 30-50 miles from Safety Cycle's NEW location at 1908 W. Main Street. Led by Keith Little (381-7233).

Mon, 5/7, All Classifications, 7:00 KBC Meeting. Ride from the KVCC parking lot closest to the running track.

Fri, 5/11, A/A+, 6:00 Tour around scenic Gull Lake. About 30 miles from the parking lot behind Billy's Bike Shop, just east of the five-way intersection in downtown Galesburg. Terrain includes flat and hilly sections. For more information or di-

rections, call Marc Luoma at 778-3565.

Sat, 5/12, A/A+, 8:00 a.m. Ride to Paw Paw/Lawton. Meet for breakfast at 8:00 at the Country Kitchen restaurant, corner of Drake and West Main Streets. Led by Roberta Hillman (381-4450).

Sun, 5/13, MTB, 12:00 Trail riding at Yankee Springs State Recreation Area, site of last fall's mountain bike race. Meet at Deep Lake Campground. Led by Kevin Stevens.

Mon, 5/14, A/B, 6:30 23 miles. Meet at the commuter lot at U.S. 131 and Center Street in Portage. Led by Bob Christopherson (345-7517).

Fri, 5/18, A/A+, 6:30 Meet at KVCC at the parking lot closest to the running track. Led by Roberta Hillman (381-4450).

Sun, 5/20, C, 1:00 30-50 miles from Safety Cycle's NEW location at 1908 W. Main Street. Led by Keith Little (381-7233).

Mon, 5/21, A/B, 6:30 23 miles. Meet at the commuter lot at U.S. 131 and Center Street in Portage. Led by Bob Christopherson (345-7517).

Fri, 5/25, A/A+, 6:00 Tour de Gull Lake. About 30 miles from the parking lot behind Billy's Bike Shop, just east of the five-way intersection in downtown Galesburg. Terrain combines flat and hilly sections. Come and meet the infamous cycling Fink Brothers. For more information or directions, call Marc Luoma at 778-3565.

Continued on the next page.

1990 KBC Ride Incentive Plan Rules

Prizes:

500 miles: Free KBC Water Bottle
 1000 miles: Free KBC Jersey
 1990 miles: Free KBC Wind-breaker

Rules:

1. The program runs from January 1, 1990 through December 15, 1990.

2. Miles from KBC Club rides and non-profit invitational rides are creditable.

a. Rides must be in the KBC Events or on the ride line for seven (7) days prior to the ride.

b. At least 2/3 of your ride

miles must come from KBC-sponsored events. These include all club rides, biking for burns, and the Kal-Haven Trail Blazer.

3. Riders are responsible for signing the ride list/waiver form at any ride they attend. Ride leaders are responsible for sending these forms to the Club PO box. Write "MILEAGE" on the envelope.

If you ride on an invitational ride, write down the event name, the date, and your mileage and send it to the Club PO Box. Write "MILAGE" on the envelope.

Questions? Come to the May KBC meeting. We'll have answers.

Classifieds:

For Sale:

Helmet. Child's Lil Bell Shell. Size small. Like new. \$10.00. Call Jan McClain at 327-2256.

Personals:

To the number one *Village Idiot* *Fruit Pie the Magician* is looking for you.

New Members

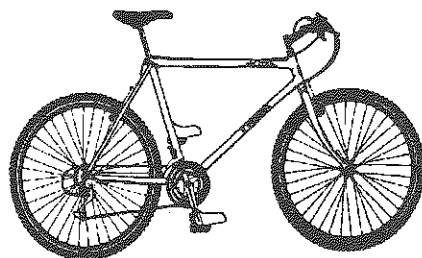
The following are the new members to the Club since the *April Pedal Press*:

R. J. Bower
 Bert Cameron
 Kim Socia Chosay
 Bruce DeDee
 Nancy DeBoer
 Mary & Michael Dupuis
 Andres Forero
 Don Gibson
 Ed & Ginnie Hessler
 Andrew, Lisa, Chris & Elizabeth McDonald
 Galen, Jan, Christy & Matt Mercs
 John Meyers
 Mark & Sue Miller
 Joyce Opria
 Bart Shaw
 Conrand & Jennie Smith
 Chris, Lonnie, Thomas and Roberta Supnick
 Mike Szyferski
 Sue Van Rhee
 June Westcott
 Steven Willey
 Melanie Young

KBC Events, cont'd.

Sat, 5/26, A/A+, 9:00 62 miles. The Marc-and-Machell Metric. Ride with your Club Minister of Propaganda and his Stoker as they pilot their big blue bike (Santana Tandem) to Bell's in Schoolcraft for breakfast. We'll try to keep the terrain fairly flat, as tandems don't climb worth dog doo. For more information, call Marc Luoma at 778-3565.

Sun, 5/27, C, 1:00 30-50 miles from Safety Cycle's NEW location at 1908 W. Main Street. Led by Keith Little.



A warm welcome to you all! Please come and join us for the presentation or the ride at the May KBC meeting.

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

MAY:

Sat, May 5. First Annual Choice Ride. Ross Township Park in Gull Lake, MI. First annual fund-raising ride for Planned Parenthood of Kalamazoo. Participants may pay a flat fee and/or solicit pledges from others. See the flyer in this issue.

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

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.

JUNE:

Fri & Sat, 6/1 & 2. Bike Around Rural Counties (BARC). Benton Harbor. Benefit for the Association of Retarded Citizens of Berrien County. Quiet rural roads in the area of Southwest Michigan. Distances of 30, 50, and 100 miles with SAG stops along all three routes. Entertainment on Saturday night and the opportunity to socialize during registration on Friday. Same-day registration accepted, but no T-shirt or meals during same-day registration. Start time 7:30-10:00 a.m. Entry fee \$35. Contact Laura White, Executive Director, Marsha Laya, Ride Chair, 815 Main St., Suite 5, St. Joseph, MI 49085. Call 616/452-BIKE, or 983-6722.

Sat, 6/2. Biking for Burns Bike-a-thon. Saginaw. Fund-raiser for St. Mary's Hospital Burn Unit and the educational programs of the Tri-City Cyclists. Loops of 10, 32, and 70 miles, with food stops and patch. Fee based on pledges you collect. Start time 7:00 a.m. Provides Ma, MR, SS, Pa. Contact Connie Smith, P.O. Box 2156, Bay City, MI 48707. Phone 616-452-BIKE or 517/752-5684.

Sat, 6/2. "100 Grand." Grand Rapids. The Rapid Wheelmen Bicycle Club invites you to join them in their early summer adventure. In its 17th year, this ride offers 30, 60, and 100 mile routes along the scenic and mostly-flat backroads of Southwest Michigan. Lunch (on 60 and 100 mile routes), and snacks pro-

Continued on the next page.

Invitational Rides (cont'd.)

vided. Pre-registration by May 19th appreciated. Start time 8:00 a.m. Entry fee \$10 (\$15 after May 19th). Provides Ma, MR, SS, Pa, FS, Lu, Ca, Sh. Contact Mark Perkins, 1470 Calvin SE, Grand Rapids, MI 49507. Call 616/452-BIKE or 245-0749.

Sat, 6/2. 100,000 Metre T-Shirt Ride. Grand Ledge, MI (West of Lansing). 50 and 100 K Routes. Provides Ma, MR, SS, Lu, TS-extra cost. Contact TCBA Events, PO Box 13001, Lansing, MI 48901. Phone 616/452-BIKE or 517/332-5331.

Sun, 6/3. Farm-Lake Tour. Kellogg Park, Plymouth, MI. 20, 31, and 62-mile routes over lightly-traveled roads. Pre-registration ONLY. Deadline May 10. All riders receive a T-shirt with registration. Starting time 7:00 a.m. Provides Ma, MR, SS, TS, Pa, FS. Contact Edie Bozanich, PO Box 2449, Dearborn, MI 48123. Phone 616/452-BIKE or 313/581-1341.

Sun, 6/3. Crossroads Village Adventure. Crossroad Village, Flint, MI. 25, 50, and 100-mile routes. Admission to village included. Provides Ma, MR, SS, Pa, FS. Contact Ken Wilcox, 1369 Martha St., Burton, MI 48509. Phone 616/452-BIKE or 313/742-6334.

Sat, 6/9. Hart-Montague TrailBlazer II. Hart, MI. Enjoy cruising along one of the first linear State Parks in Michigan. A paved railroad bed means this tour does not follow the busy and well-beaten path other tours take. Relax and enjoy scenery you won't find on the road. Contact Muskegon Bike Club. PO Box 922, Muskegon, MI 49443. Call 616/452-BIKE or 780-3298.

Sat, 6/9. Magic Ride Bicycle Tour. Holt High School, Holt, MI. The

Magic Ride is an annual fund raising drive and bicycle tour for child abuse and neglect prevention. The Magic Ride offers six routes (5-10-25-50-75-100 miles) for both experienced and novice riders. Start time 7:00 a.m. to 1:30 p.m. Ending time 5:00 p.m. Entry fee \$15.00 (no late fee). Includes Ma, MR, SS, TS, FS, Lu, Sh. Contact Holly McMurtey, PO Box 16205, Lansing, MI 48901. Call 616/542-BIKE or 517/373-1659.

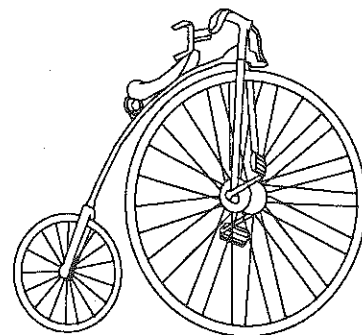
Fri-Sun, 6/15-17. The Ludington Legend Invitational. Grand Rapids to Ludington and back. Bike 120 miles the first day, run 1/2 marathon (optional) the second day, and bike back 120 miles the third day. The only ride in the nation that continues to feature appearances by Mr. Mike the Music Bike and the Rocket Bike, plus Friday night costumed dancing at the TIKI Lounge. Starting time 6:30 a.m. Entry fee \$75.00 (No late fee). Included Ma, MR, SS, TS, Lu, Sh, Hotel. Promoting organization: the Ludington Legendaires and Other Wackos Inc. Contact Dick Buist -- Rocket Man, 3694 Balsam NE, Grand Rapids, MI 49505. Call 616/452-BIKE or 363-9287.

Sat, 6/16. Second Flag Day Festival Mountain Bike Tour. Downtown Three Oaks, MI. Choose 25, 50, or 100 km routes that travel over dirt and gravel roads throughout Barrien County, MI and LaPorte County, IN. Sag stops are located in rustic settings in the backwoods areas. Please note: this *is not* a race, but a tour. Start Time 8:00 a.m. Entry fee \$15.00 (No late fee). Includes Ma, MR, SS, TS, FS. Contact Brian Volsdorf, 110 N. Elm, Three Oaks, MI 49128. Call 616/452-BIKE or 756-3361.

Sat & Sun, 6/16 & 17. Michigan National 24-Hour Challenge. Douglas Walker Park, Byron Center, MI. Listed in 1989 by Bicycling Magazine as "One of the ten tough-

est rides in North America." A personal best ride featuring loops of 115, 24, and 6 miles. Riders receive certificates of verified milage, a copy of the results, and have their name and milage recorded in "The Record Book." Enameled cloisonne pins are earned for 200, 250, 300, 350, and 400 miles. Medals to the top three places in 12 male and 12 female age groups. 500 rider limit. Entrants must be 18 years of age or older. ANSI/Snell approved helmet required. Start time 8:00 a.m. on the 16th. Entry fee \$15.00 (\$25.00 after May 15 -- \$35.00 after June 1). Includes Ma, MR, SS, TS, Fruit. Contact Diane Obermeyer, 2212 College Ave SE, Grand Rapids, MI 49507-3106. Call 616/453-BIKE.

Sat & Sun, 6/16 & 17. The 9th Annual Great Northwest Tour. Glenn Lake School -- Maple City, MI. Two scenic 50 mile loops through Leelanau and Benzie Counties with planned shortcuts and optional 20 mile warmup ride Friday night and 25 mile extension on Saturday. Available as extra-cost items: two breakfasts and a dinner; child care both days; T-shirts; camping or sleeping bag space at the high school. Start time 7:30 - 10:00 a.m. each day. Includes Ma, MR, SS, Pa, FS. Contact Ivan Ford, 3375 Co. Rd. 616w., Maple City, MI 49664. Call 616/542-BIKE or 334-3062.

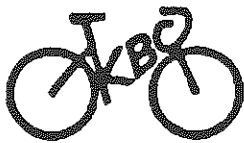


Thanks to April Ride Leaders:

The following people (listed in no particular order) led rides in April:

Mike Gacki
Roberta Hillman
Brad Cosgrove
Mike Murrel
Charlie Fuentes
Keith Little
Steve Clarke
Valerie Marsh
Bob Christopherson
Kevin Stevens
Jini Caruso
Phil Caruso
Steve Dunyak
Marc Luoma

Thank You Ride Leaders!



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

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

Address Correction Requested

Ride Classifications

A+ 17+ mph
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
MTB Off-road

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
Vice President Mike Gacki
Secretary/Treasurer Karen Torre 381-4329
Ride Captains:
A Roberta Hillman 381-4450
B Mike Murrel

C Keith Little 381-7233
MTB Valerie Marsh 343-9637
Race Captain Mike Teel
Race Captain Joe Torre 381-4329
Membership List Phil Caruso 381-0135
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 - \$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