

PEARL PRESS

December, 1991

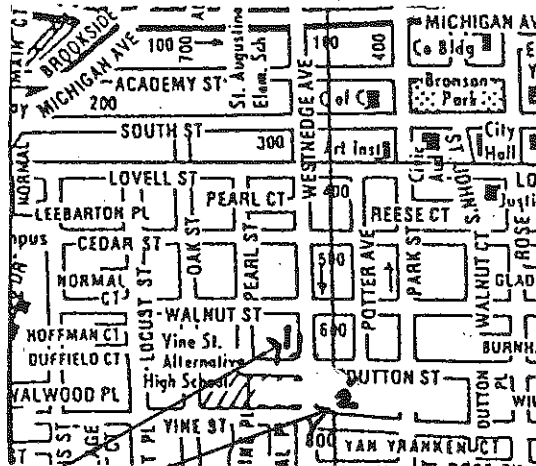
PARTY TIME!

The annual KBC Holiday Party will be held on Friday, December 6, beginning at 7:00 pm. The party will be held at Frank Zajac's house on 624 S. Westnedge Ave. (see map).

The Club Will Provide: Coffee, soft drinks, chips.

You please provide: A snack dish to pass (chip dip, nut bread, etc), and beer/wine/etc you want to drink.

Last year's party was a rousing success. Come and see the riding companions you haven't seen since September. Come and meet new friends. You never know who you'll see at the KBC holiday party.



1 - 624 S. Westnedge # 1, 349-6462
 2 - PARKING - United Way Offices
 S.E. Corner: Dutton/Westnedge

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New KBC Officers Elected

During the November KBC meeting, we elected new officers. The results are as follows. (* indicates winner)

President

Jeff Wetters *
 Dan Quayle (write-in)

Vice President

Shirley Williams *
 Jack-a-lope (write in)

Treasurer

Nancy DeBoer *
 Jim Wyrick

The treasurer race was very close. Congratulations Nancy (?).

The new president has yet to appoint the positions of Newsletter Editor, Ride Captain, and Race Captain. Phil Caruso has agreed to stay on as Database Administrator (thank you Phil).

Fear and Loathing at Al Sabo

NOTICE:

To: All mountain bikers who ride at Al Sabo land preserve.

From: KBC

The Sierra Club has recommended to the Kalamazoo City commission that bicycles be banned from Al Sabo, despite the opinion of Bruce Minsley, Al Sabo coordinator for the city, that bicycles have NOT caused erosion.

In this end-run around Minsley, the Sierra Club has also gone on public radio in Kalamazoo (WMUK) and claimed trail damage by bicycles.

Until this time, the Kalamazoo Bicycle Club has been working with the Sierra Club by working on Al Sabo trails from time to time. The Sierra Club has clearly upped the ante in this "I don't want to share" user-group conflict. While subverting the cooperation proposed by KBC, and by ignoring Mr. Minsley's council on the matter, the Sierra Club has gone

directly to the City Commission and the public with its unsubstantiated claims.

The single point that the Sierra Club has on their side is that **they have more members in Al Sabo maintaining trails**. We, as cyclists, need to provide equal or greater numbers of workers in order to preserve our privileges in Al Sabo.

To work on trails:

- 1) Show up at the main entrance on the first Saturday of each month at 9:00 am.
- 2) Call Paul at 349-5555 to schedule alternate maintenance days and to find out about work that needs to be done.

If you want to ride, you have to work!

Goodbye Steve Clarke

On the 31st of October, former two-term KBC president Steve Clarke left to take a new job at Colorado State University in Ft. Collins. Clarke, aka Johnny Excitement, aka Bigfoot, will be long remembered as a tireless worker for KBC. During his tenure as President, Steve worked countless hours on behalf of KBC.

Steve will also be remembered as a 24-hour marathon silver medalist and veteran USCF Category IV racer. Beyond this, Steve was a good friend who will be missed by all of us who knew him and by the many members he introduced to the sport.

3 More Trail Rides/Socials

The November ride/social was such a success, we've decided to repeat it for December.

12/7-3:00 pm. Meet at Fort Custer Recreation Area in Augusta at the picnic area. Eat at Canal Inn at 5:00.

12/14-3:00 pm. Meet at Fricano's Restaurant on 6th St. Eat at Fricano's at 5:00.

12/21-3:00 pm. Al Sabo land preserve. Meet at KVCC parking lot, northeast corner.

For more information, call Marc at 778-3565.

Winter Weight Training

by John Howard

If your cycling speed and endurance aren't improving as fast as you'd like, despite dedicated extra miles of training, keep reading. This article on weight training is for you.

Although I never liked the idea of lifting heavy weights, I strongly believe in this program called "progressive resistance." Because the best cyclists are those who work all muscle groups, progressive resistance is ideal. It works the entire body, not just the legs, building strength by forcing a muscle to "resist" a uniform and continuing force (a weight) throughout its entire range of motion. A good example of my program is the use of a Nautilus machine, which doesn't get easier at the end of an exercise, as a free weight does. Progressive resistance works the muscle more thoroughly and for a longer period of time than simple "pumping," thus providing aerobic benefit for the entire body. Working closely with five-time Mr. Universe and progressive resistance guru Bill Pearl, we have devised a plan that can make you not only faster and more flexible, but stronger and more enduring. Our program utilizes Nautilus, free weights, and the Life Line portable gym to strengthen upper body muscle groups and the muscles of the hips and knees.

While some of us are masters of fitness and appreciate endurance, few have the power and strength to equal our cardiovascular fitness. Our program's goal is to maximize every performance through total body fitness. When beginning a progressive resistance program, I always encourage my "School of Champions" seminar students to test their strength. A Cybex analysis, which measures the relative strength and weakness of each muscle group, will tell you where to concentrate your efforts. Cybex is now available at many health clubs. When quizzing our seminar students about the muscles they think are important to cyclists, the usual response is quadriceps. Careful study of the mechanics of cycling will reveal that strengthening the quads is only the be-

ginning. In their superb book, "The Physiology and Biomechanics of Cycling," authors I.E. Faria and P.R. Cavanagh explain the minimum hip angle (the bottom of the pedal stroke) in cycling is about 30 degrees. According to the authors, the gluteus maximus and hamstrings are the major source of hip extension. Through the foot's movement from zero degrees top dead center (pedal is all the way up) to 180 degrees bottom near dead center (pedal is all the way down) the vastus medialis and vastus lateralis muscles for the primary extensors of the knees. Those muscles are active at the same time as the hamstrings from zero to 75 degrees during the last 90 degrees of recovery, helping to flex the hip. The main use of the vastus muscles is during the power phase of the pedal stroke at the 3 o'clock position.

To translate this into plain English, a full range of hip and hamstring movement from 30 to 80 degrees is extremely beneficial to cyclists. Also playing a major role in producing force through knee flexion (opposite of extension) is the biceps femoris muscle and the gastrocnemius group. For a strength program to be totally effective, it is critical to work both knee flexors and extensors. On the subject of equipment, muscle groups can be actively loaded on the full range of Nautilus equipment, free weight, and the Life Line portable gym. Use of all three is recommended. For cyclists concerned about gaining extra weight from a strength program, simply resist the temptation to consume everything in sight while working out. If you are prone to rapid weight gains, emphasize increased repetitions and lighter weights.

A word about technique: always do each rep deliberately and don't cheat. Press the resistance with each exhale and breathe in on the recovery cycle. Effective breathing is another way of making this training pay dividends.

The Schedule A typical resistance schedule should begin in the late fall after the racing season has ended. With less riding comes a started phase of two to five weeks of light weights and high reps, say 18-20. The purpose

Continued on page 5.

New Members

Al Cergol

Janet Karpus

Scott McLarty

Charles Bearden

Bob Blanchard

Robert and
Kathleen
Kostrzewa

Lawrence,
Carolyn, and
Laura Tour-
angeau

**Welcome to
KBC and please
join us on a
ride soon!**

Spike Bike #5: Armageddon in Detroit (Part 1 of 7)

by Bob Fishell

[In the year 1998, one man fights the tyranny of the automobile...]—

A cold November rain beat against the window. The hour grew late. Yawning, I had set down my book and started off to bed when a knock came on the door. I warily crossed the room to peer through the door peep. It didn't look good. There were two grim-faced men in cheap suits outside. I caught a glimpse of more men in the grey uniforms of CFGM Security just on the fringes of the fish-eye view. This wasn't a social call. My 9mm Walther was in my right hand. My left rested lightly on a control panel next to the sill. I spoke into the intercom:

"What can I do for you fellows?"

"Spiro Bikopoulos?"

"Yes?"

"United States Secret Service. We'd like to talk to you."

"I'm all ears."

"Open the door, please"

"I can hear you just fine. Modern electronics, you know —"

I saw the taller of the two men motion to the goons. Two of them came into view, ready to kick in the door. I threw a switch on the house's security controls. Instantly, a barrier slammed across the threshold of the front door, and the house shuddered as similar barriers simultaneously covered the remaining doors and windows. It was a metal-polymer laminate I'd developed during my years as a metallurgical engineer. Inch for inch, it was nearly twice as tough as armor plate, yet it weighed only a quarter as much. It, and the reinforced construction of my little ranch house would give me but a few minutes. If they'd come for the

reason I suspected, they'd have brought some heavy firepower. I heard bullets thudding against the other side of the barrier. They would try a battering ram next, then explosives.

I ran down to the basement. The sequence I'd set in motion upstairs had already opened the sealed door to the secret room I'd built five years ago. I threw aside my bathrobe and pulled on a rugged jumpsuit and mountain bike shoes that awaited there. A gunbelt and flack vest followed. I hopped on the black-anodized mountain bike and opened the heavy door to the tunnel that led down to the river bank, 300 yards away. The chill and dank air seized me as I entered. I paused inside and tapped out a code on the keypad just outside the door. It quietly closed behind me, and I knew I'd never see my little house again. The bike's powerful headlamp stabbed far into the darkness of the tunnel, and I sprinted hard into its depths.

Halfway down the tunnel, I heard the muffled explosion behind. I had set the charges to gut the house without causing too much damage to the immediate area, or any innocent bystanders nearby. If, by chance, any of the goons had bashed or blasted their way inside, though, they were toast by now; those charges had been high-temp incendiaries. In any case, they would not follow through the tunnel.

Opening the hatch at the tunnel's mouth, I was nearly overwhelmed by a rush of knee-deep water. The heavy rains had swelled the river beyond its banks. I tried to get the camouflaged hatch closed again, but it was hopeless, jammed with mud. The tunnel would be easily visible. Hoping to at least cover my tracks, I rode through the shallow water for perhaps 200 yards before climbing up from the bank.

I rode along the river for another half mile

Continues

Spike Bike

before I saw the chopper. A powerful spotlight swept across the landscape, paused, and darted up and down the river bank in the direction I'd come from. They'd spotted the tunnel, no doubt, and were trying to decide which way I'd gone. The chopper turned to and headed my way. I offered a silent curse and took off at a right angle to the river, into the back of the railroad yard. I needed to get to cover fast. There! A freight train was pulling out of the yard, and I sprinted to match speed, pull alongside, and catch the open door of a boxcar. I struggled to get myself and the bike inside before the chopper spotted me.

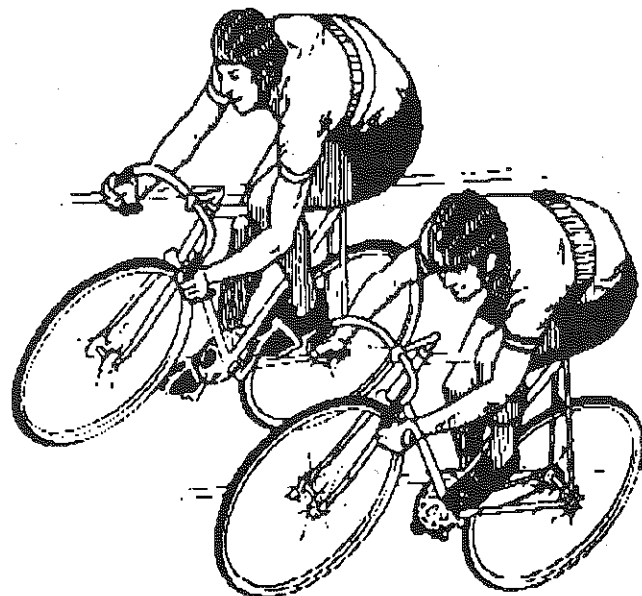
I didn't make it. The light played over the door and instantly returned. The powerful beam followed the boxcar, and I heard the chopper descending. I extracted a drab green cylinder from the mountain bike's heavily-laden panniers, extended the fore and aft tubes, and took aim at the spotlight. A squeeze of the trigger and the LAWS rocket found its mark. The chopper exploded and a huge fireball fell from the sky.

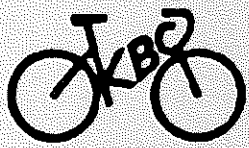
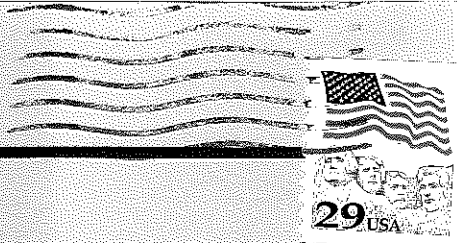
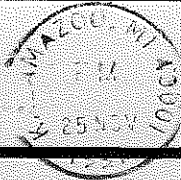
The train did not stop, but continued to roll out of the yard, picking up speed. It was evidently a robot locomotive, and it would not stop until it was programmed to do so. I didn't know where it was going, but any place was better than here right now. I closed the car's door and pondered my situation. In my bike's panniers and packs were my usual armament of a MAC-10, 12 grenades, a .44 magnum, and extra ammunition. But this particular bike had been especially prepared for this occasion. I also carried two, make that one, LAWS rockets, two satchel charges, and a sawed-off, 16 gauge pump shotgun. The rest of its cargo was less destructive, but perhaps more essential: Dry clothing, dehydrated food, \$20,000 in small bills, some forged documents, and a pint of Jack Daniels. I cracked the seal on the last item and took one swig against the chill, replaced the cork, and set the bottle aside. This bike and the gear it carried were now all I owned, and I had to make the best of it. I needed to sleep.

TO BE CONTINUED *

Weight Training (from page 3)

of this starter phase, as the name implies, is to familiarize and awaken the body to your latest self-improvement scheme. The second phase of our program is the building phase. Here our cyclists begin to build a foundation of strength by pushing 60 to 70 percent of their maximum lifting potential. Reps are reduced to 10-12. The building phase prevents injuries by developing a firm base. Four to 12 weeks is a reasonable length for this phase. The basic strength phase follows, allowing us to push to a peak of 80 to 100 percent of our maximum. Reps decrease to 1-6, and our faces contort into unrecognizable grimaces. Again, concentrate on form and breathing. Four to six weeks of this stuff is all we want. Now you should be proud of yourself. The season is nearing. You feel great. The heavy work is over and the intensity drops to a mere 70 to 85 percent of your max, while reps increase back to 10-12. This is the power phase, and it should last four to eight weeks. Finally, we go into our maintenance phase of training. The duration of the workouts will decrease from three per week to two and may even taper down to one, depending on whether you have to buy a new wardrobe or not. During the maintenance phase, it's a good idea to increase activity of the arms, shoulders and abdominal and lower back regions as the emphasis on legs and hips decreases. Predictably, weights are light and reps are few.





Kalamazoo Bicycle Club
 P.O. Box 527
 Kalamazoo, MI 49005
Address Correction Requested

***** EXPIRES 92/01
 Phil & Jini Caruso
 2301 Fairfield Ave.
 Parchment MI 49004

*Merry
 Christmas*

*Happy
 Hanukkah*

*Merry
 Meet*

December KBC Party

- Friday December 6, 7:00 pm.



Be There!

December Rides/ Socials

- 12/7 at Ft. Custer Recreation Area picnic area.
- 12/14 at Fricano's Restaurant (Kal-Haven Trail ride).
- 12/21 at Al Sabo land preserve.

For more info, see page 2.