

# PEDAL PRESS

December, 1992

## KBC Holiday Party

This year's KBC holiday party will be held at the Wayside Restaurant on Stadium Drive on Friday, December 18 beginning at 7:00 in Wayside's back meeting room.

The holiday parties are always the best-attended events of the year. Racers, tourists, triathletes, old, young, fast, and slow all show up for the festivities. Please mark your calendar now. We'll see you at the party!

## Flowerfest Tour '93 Gearing Up

Our first organizational meeting for Flowerfest '93 will take place Thursday, December 10th at 7:00 p.m. at Wayside. Those who would like to contribute please show up. It will be in the LMB calendar this year and if all goes smoothly it should be a great tour. Any suggestions?—Dave DeRight

## Show Your Colors:

KBC jerseys are here! If you've ordered a KBC jersey, it's here. And we want your money!

If you would like one, we have many available for purchase.

In either case, come to the December meeting or the Holiday party. And bring your checkbook

## Across France In 78 Hours

Held only every four years due to its immense scope, Paris-Brest-Paris is a 760-mile "event" (the organizers and participants refused to call it a race, which it is, by any other name) that runs on an out-and-back course between the two French cities. The most recent edition was a particularly cruel ordeal, with 20 mile per hour headwinds on the return trip. Imagine, if you can stand it, riding 325 miles on three hours' sleep, and then facing another 325 miles of gale-force headwinds that you'll ride on only a very little additional time off the bike.

One KBC member doesn't have to imagine. She lived it. Out of 3200 participants, KBC member Roberta Hillman finished PBP in 78 hours, from start to finish, breaks and sleep included. She was the fifth American woman finisher and 13th woman overall. In order to achieve that goal, Roberta trained 10,000 miles that season. We're truly fortunate to have Roberta present our Club with a slide presentation on her accomplishment. Come to the December meeting and find out what a cyclist looks like after 78 straight hours of riding.

## Note From The President

The last few weeks have been a whirlwind of activity. Getting informed, brainstorming, brushing up on parliamentary procedure, etc, etc, up to my ears! And believe me, I'm listening—intently. As a Club, we have a lot of work to do this winter, but before we get started:

On behalf of the Club, thanks to Jeff and Libbie (Wetters). They have worked hard in many ways and will stay involved. Good luck on the new job too, Jeff. Stay in touch.

We also have a couple of introductions: Dennis "Hoot Hoot" Morrison, who volunteered as our new Club secretary. We needed a secretary, and you do have the time, don't you Denny? Great! Welcome aboard Denny. Also, Michael "Macintosh" Radtke, a friend and computer design expert, will assist Marc with the Pedal Press and whatever else he'd like to do. Michael and computers are like two peas in a pod. Without him, Flowerfest Tour '92 would have been just another day

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## Roller Riding & Racing

At the November KBC meeting Bob Kennedy of Breakaway Bikes provided information and a demonstration of roller riding and racing. Below are his comments, embellished lavishly. Rollers are a good way to get a workout when you can't get outside. Rollers hold a distinct advantage over stationary bikes and wind trainers, as they help improve your technique as well as your fitness. After a winter of riding rollers, you'll be riding smoother than ever before. Ever ride behind someone and notice that they waste energy by weaving side-to-side ever so slightly? Riding rollers gets rid of this energy-wasting sloppiness.

### Buying Rollers—How much and what to look for

Good rollers cost between \$150 and \$200. Spend much less and you'll regret it. Rollers need to be perfectly smooth, perfectly round, else you'll be vibrated and bounced around such that you won't be able to stay on the rollers for more than a few minutes. The best rollers are round within one 1000th of an inch. The two best-know high-quality rollers are made by McLain and Krietler. This writer has owned a set of McLain rollers for thousands of miles and more than ten years, and they're as round and true today as when I bought them.

### But aren't rollers hard to learn?

No. Most new roller riders have it mastered in about half an hour or less. While it may look like an amazing feat, riding rollers is not much harder than riding on the road. To get started, set the rollers and your bike next to a solid hand hold (like a kitchen counter or sturdy table). Start out in a medium gear, like a 42 X 15. (Eventually, to get a workout you'll want a lot higher gear, like a 52 X 15.) With one hand on the table and the other

hand on the bars, near the stem, start pedaling. Get a good cadence going, and as you get a little steady, take your hand off the hand hold for a second. As you get more familiar with the feeling, take your hand off the hand hold for longer and longer periods, until you can put both hands lightly on the bar. Eventually you'll be able to ride for your entire workout without touching your hand hold. After a few rides you'll be able to drink water, ride no-handed, and even remove or put on a shirt while riding. We've even read about a guy who claimed to be able to take off his shorts while roller riding, though we can't figure out why...

### Roller riding workouts:

Start out by just riding steadily for ever-increasing periods of time, until you work up to a half-hour on the rollers without resting.

During this phase you should be working on your spin, keeping your RPMs well above 90; 100 or more is better. Once you get steady, start working in some sprints: go all out for 20-40 seconds, and then recover almost completely. Start with a couple sprints and work your way up to six or more. Experiment and come up with your own best workout. A sample is below.

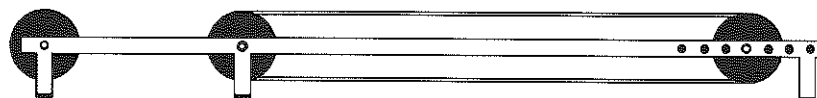
Min.	Pace
0-10	Warmup, get cadence to 100 rpm or above
10-35	Sprints of 40 seconds every five minutes (if you're not recovered after five minutes, allow a longer recovery)
40-60	Spin, then cool down for final five minutes.

### Roller Racing

Roller racing is a good way to get some winter-time competition. Racers meet typically in shopping malls to race against each other. After a series of time trials to evenly match pairs of riders, the pairs compete in sprints, with the slower rider being

#### Special Offer to KBC Members

Our group roller-riding site, the Crossroads Court Fitness Center, is offering special rates to KBC members. For \$25 per month (regular \$35/month) with no initiation fee, you get full use of their weight training equipment, racket-sport courts, locker room and shower facilities. For more information, call the Center at 323-0011.



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rider pedaling the farthest being the winner. The special racing rollers are attached to a large "clock" behind each rider, showing his or her distance travelled. Since roller racers compete under a high-gear limitation (roughly equivalent to a 51 X 14 gear on a road bike), it's the rider with the highest spin that wins. The best roller racers hit rpms of 200 and above in the heat of a sprint. Roller Workouts—Tuesdays and Thursdays

KBC members are meeting on Tuesday and Thursday nights at 8:00 at the Crossroads Fitness Center for group roller rides. We'll do a typical warmup—sprint—cool down workout, though you can do whatever workout suites you. Riding with others helps relieve monotony and regain some of the camaraderie of our summer Club rides. And telling another rider you'll meet them at a pre-set time lessens the chance that you'll blow it off and ride the couch. We have extra rollers and gentle instruction for beginners who just want to try it out. Wind-trainer riders are also welcome. The fitness center is located behind the Red Lobster restaurant on South Westnedge Ave in Portage.

For more information about roller riding, racing, and the Tuesday/Thursday roller workouts, call Bob at 349-5555.

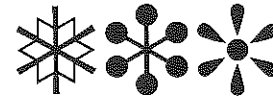
### **Presidential Note Continues**

in the rain. Welcome aboard Michael. It will be a lot of fun. I promise.

Me? I'm psyched. You know why? Because. Because why? Just because. No. Shirley's fired up again at V.P. Nancy's back keeping a close eye on the treasury. Phil Caruso is once again maintaining our membership database. And Marc Luoma? Need I say more? Thanks a ton. And everybody else who has worked hard for the Club this past year are hanging in there, as far as I know. That's why I'm psyched: we've got a great team and '93 should be a great year.

So, what's in store for '93? Change? How about transformation?

#1 on my list of priorities will be this: working my fool head off for you—our members. And everyone else for that matter. But the members' best interests will be of number one priority in what I see as a transfor-



### **December Meeting— Paris-Brest-Paris Slide Show**

The December meeting will be held on Monday, December 7, at 7:00 pm. at the Wayside Restaurant on Stadium Drive. We will conduct Club business from 7:00-7:30 (approximately). Our December program will follow the business meeting. See the accompanying article about Roberta Hillman's Paris-Brest-Paris slide presentation.

Tentative Business Meeting Agenda:

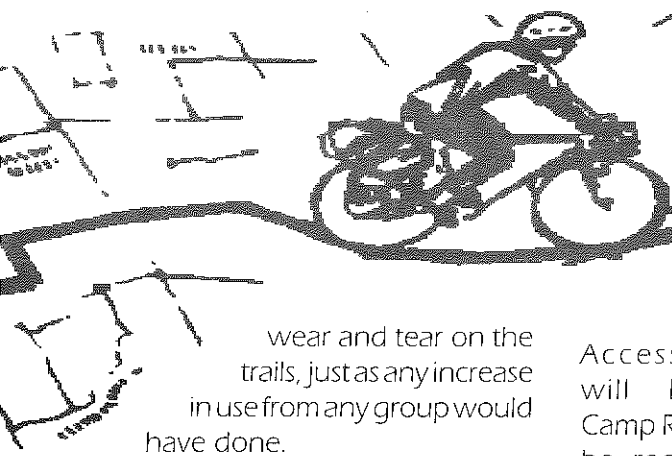
- I. Read and approve November meeting minutes.
- II. Reports from officers
  - Pres.—introduce Dennis
  - VP
  - Treasurer—Year end statement in process
  - Secretary
- III. Reports from committees.
- IV. Special Orders.
- V. Unfinished Business.
  - A. Ratify duties of the Secretary
  - B. Al Sabo proposal
  - C. WMU Bike Path Proposal
  - D. KBC Race Team Report
- VI. New Business.
  - A. Trailblazer Committee Visitors
  - B. Membership dues—change? Policy
  - C. Flowerfest Tour—report and discussion
  - D. Other—correspondence, Bronson Health Fair certificate, members input, other.
- VII. Announcements
  - A. Flowerfest meeting time and place
  - B. Club Holiday Party
  - C. Other
- VIII. Adjourn to program.



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eds of acres of land adjacent to Kalamazoo  
deeded to the City of Kalamazoo for use as  
anding that the City would maintain the area  
trails, built bridges over streams, and built  
e Sierra Club agreed to advise the City and  
Club members met once per month to prune  
h trails, repair bridges, etc. The preserve was  
s, cross-country skiers, and Boy Scouts from  
. For years, all continued quietly. The  
temo area, and in Kalamazoo County in  
but the Sierra Club workers were easily able

tain bike riders discovered that the single-  
or



wear and tear on the  
trails, just as any increase  
in use from any group would  
have done.

At about this time, land use conflicts  
h bikers and hikers were developing in West  
imilar fights here, in 1989 a member of the  
d Bruce Minsley at the City of Kalamazoo  
ey how KBC could help at Al Sabo. We were  
a Club member and KVCC instructor. At that  
ring at Sierra Club trail maintenance days,

Association appeared at a Commission meeting and presented reams of research that showed that mountain bikes cause no more damage than hiking boots and far less damage than horses, a group enthusiastically embraced by the Sierra Club. Refusing to let the issue be clouded by facts and figures, the Sierra Club continued with their assertions. Finally, tired of the issue and tired of hearing the Sierra Club at every meeting, the Commission closed the preserve to all users and appointed a task force made up of Sierra Club members, a Boy Scout representative, and a mountain bike rider (Paul Wells) to study the issue and make recommendations.

### The Recommendations—The Future of Al Sabo

In October of this year, the task force submitted their recommendations.

The major points are:

Access  
will be  
Camp Rota-  
be required

BICYCLES WILL BE BANNED FROM ALL TRAILS north of the creek that bisects the preserve, AND from other trails to be identified later. These represent the majority of the trails best suited to mountain bike riding.

to the preserve  
through one site only:

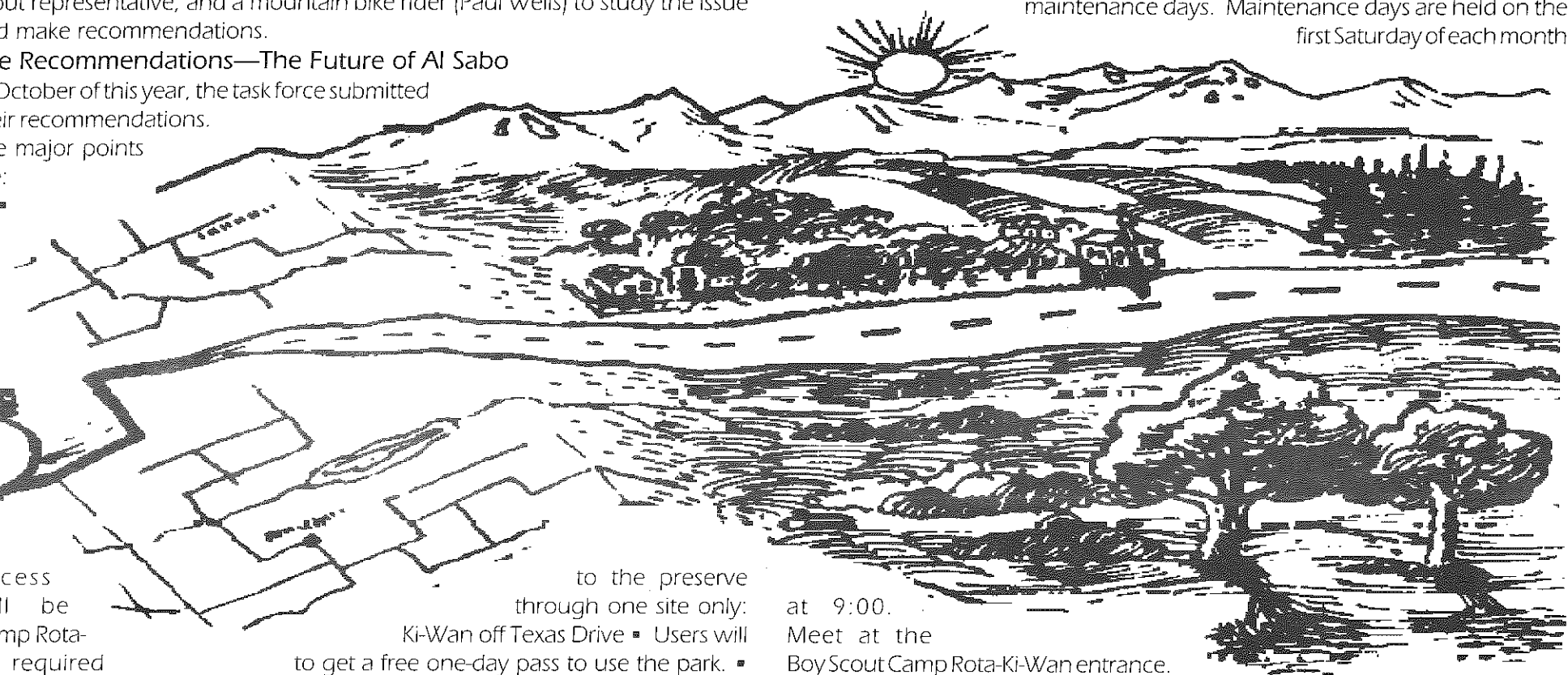
Ki-Wan off Texas Drive ▪ Users will  
to get a free one-day pass to use the park. ▪

### Sierra Club Dirty Tricks, Part II

Rus Hollister, a Sierra Club member and member of the task force, endorsed and signed the use plan. The very next day he was quoted in the Kalamazoo Gazette as stating that mountain bikes really do cause all the damage at Al Sabo and that they should be banned.

### What Now?—KBC Continues to Work at Al Sabo!

To keep the area we have left at Al Sabo, we need to appear in force on trail maintenance days. Maintenance days are held on the first Saturday of each month



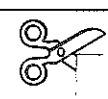
at 9:00.

Meet at the  
Boy Scout Camp Rota-Ki-Wan entrance.

Bring shovels, rakes, and pruners if you  
more information on any upcoming maintenance  
day, call Paul at 349-5555.

have them. For

### Membership— You've Just Expired!



All KBC memberships expire on December 31.

Please fill out this form below and mail it in,  
along with your check. Do it today!

tion and multiple trail use with one face, the  
ance was appearing at a City Commission

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## November Meeting Minutes

The November meeting was conducted at the Wayside Restaurant, 3406 Stadium Drive at 6:00 p.m. on Monday November 2. Topics included:

### Elections

The constitution was ammended to add the office of Secretary, to take Club meeting minuutes and conduct the Club's correspondence. Marc Luoma moved for the change, Mike Teel seconded, and the membership in attendance approved unanimously. The following members were elected and appointed:

- President: Dave DeRight
- Vice President: Shirley Williams
- Treasurer: Nancy DeBoer
- Secretary: Dennis Morrison
- Database Administrator: Phil Caruso
- Rideline: Ann Johnson
- Ride Captain: Brad Cosgrove
- Newsletter: Marc Luoma and Michael Radtke
- Race Team Liason: open
- Flowerfest Tour Director: open

### Meeting Time/Place

Until further notice, KBC meetings will be held on the first Monday of the month (no change) at 7:00 p.m. at the Wayside Restaurant (address above) in their back meeting room.

### Slower Riders

Once again the membership took up the discussion of how to attract more "recreational" riders to our weekly rides. We decided to hold more "slower" rides during the season. In the face of the non-attendance of Phil Caruso's slower rides during the '92 season,

specifics are yet to be ironed out. YOUR COMMENTS AND IDEAS ARE NEEDED. If you're one of the recreational riders that hasn't participated in our rides for fear of getting yourself hammered, please let the officers know what we can do to accomodate you. Call the ride line at 327-7767 or write us at P.O. Box 527, Kalamazoo, MI 49005.

### Flowerfest '93

The 1992 Flowerfest Tour was a rousing success, making a sizable profit for KBC, virtually unheard of for a first-year tour. It's time for Flowerfest Tour '93 to begin planning. Last year's director, Nancy DeBoer, has declined to return for 1993, hence we need a new tour director. If you can help out in any way, contact Dave DeRight or call the ride line.

### Bike Paths

Stefan Haney, a WMU student, presented his plan for introducing bike paths to the WMU campus. He polled the interest of the Club in becoming involved in building paths in the non-campus Kalamazoo area. President Dave DeRight is following up. If you have knowledge of, or interest in bike paths, call Dave.

### Al Sabo


Paul Wells, a member of the City of Kalamazoo Al Sabo Use Committee, made a report on the current state of negotiations for bike access to Al Sabo. See the article in this issue for more details.

### Roller Riding

Bob Kennedy (a.k.a. Bobke) of Breakaway Bikes presented roller riding and racing information. See the accompanying article.

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## Dont Forget to Send in Your Dues...Please!

 put in touch with Vern Mills, a Sierra Club member and KVCC instructor. At that time, KBC members started appearing at Sierra Club trail maintenance days, albeit in small numbers.

### Sierra Club Dirty Tricks

In 1991, while espousing cooperation and multiple trail use with one face, the local Sierra Club, with the other face, was appearing at a City Commission meeting decrying the rampaging hordes of outlaw bicyclists wreaking wanton destruction and pillage on Al Sabo. According to the Sierra Club, bicycles were causing all the erosion and damage seen at Al Sabo. Consequently, Bruce Minsley (the City representative) made a fact-gathering trip to Al Sabo to see the carnage first-hand. He concluded that there wasn't any significant increase in trail damage caused by bicycles. Undaunted, the Sierra Club appeared at all subsequent commission meetings, continuing with the same harangue as before Minsley's visit. Dwain Abramowski of the Michigan Mountain Bike

### membership You've Just Expired

All KBC memberships expire. Please fill out this form below along with your check. Dues

Make checks payable to:  
KALAMAZOO BICYCLE CLUB

Mail to: Kalamazoo Bicycle Club  
P.O. Box 527  
Kalamazoo, MI 49005

## Presidential Note Continues...Again?

mation.

#2. Programs. Shirley is working hard making arrangements for what is shaping up to be an eventful winter of meeting programs. Beginning with Roberta Hillman's much-awaited Paris-Brest-Paris program. Also in the works are programs on: Speed-skating, skate skiing, mountain biking, and everything you wanted to know, well about everything. Hot diggity! Any ideas?

#3. Meeting Place. It's in Kalamazoo. It's big. It's comfortable. You can eat, have refreshments, hang around after and socialize, and most importantly, it's free for our use. Food and drink are extra, of course. And don't forget your waiter or waitress.

#4. Information. We need to work harder at keeping our members informed. Marc can't do it alone. I'll do my share [of article writing], but the rest of us need to keep an eye on and submit items of interest. Pedal Press deadline is the 15th of every month. Let's get with it! It's easy, it's cheap, no excuses. Have something—see Marc. [Pedal Press, c/o Marc Luoma, 112 W. VanBuren, Augusta, MI 49012]

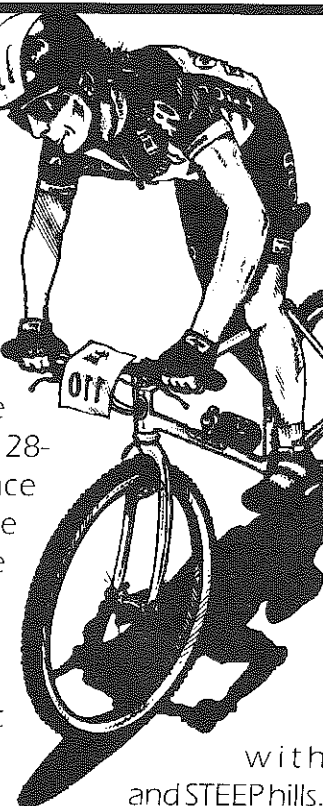
#5. Business Meetings. Since we have so much to accomplish this winter for the upcoming season, meetings will be conducted in an orderly fashion to the best of my ability. Parliamentary procedure must be followed to expedite the decision-making process. Each meeting will follow an agenda furnished to the members in attendance. Members will be allowed to raise issues under new business. If these issues can be worked into a form that allows the Club to act on them, then we will act. Discussion will follow and a vote will be taken at an appropriate time. No more inappropriate rambling and getting off-track. No more raised issues without proper discourse and action. Time is of the essence at our meetings. Let's not waste it.

One final thought for this month:

Will peace ever prevail at Al Sabo? I certainly hope so. Several Club members who have been at work sessions with Paul Wells think so. Otherwise they wouldn't be there. We actually have only to convince the Sierra Club that mountain bikes can coexist with other trail users and the issue can be put to rest. If we are given the opportunity to demonstrate our conviction, then let's do it. The Sierra Club has a great investment in those trails and mountain bikers better treat the trails with respect. According to good trail etiquette, tread lightly, be courteous, or else!

## KBC Race Team Dominates Ice Man Mountain Bike Race

The third annual The Ice Man Cometh mountain bike challenge was held on Sunday, November 1. Unique in the state, the Ice Man is a 28-mile point-to-point race from Kalkaska to Traverse City, Michigan. The race is held over logging roads, two-tracks, and, for the last eight miles, the Vasa ski trail. This last portion is the toughest, technical single-track



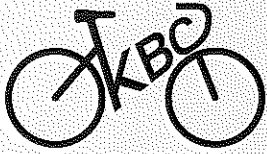
with and STEEP hills. Just to finish this grueling event is a true accomplishment.

Race Day at start time (10:00 a.m.) showed only 18 degrees on the thermometer. There was 3-4 inches of freshly fallen snow on the course. The conditions made this the fastest running in the history of the event. Our Club was very well represented by our race team. KBC finishers included:

Rider	Class	Place/ age group	Place/ overall
Mike Ayers	beginner	55	91
Mike Jones	sport	46	84
Glenn Kellam	beginner	2	3
Marty Minka	expert	14	15
John Myers	beginner	14	20
Scott Steurer	sport	4	6
Team Teel (Mike & Janet)	tandem	1	1
Paul Wells	beginner	15	61

Congratulations to you all! The winning time (a record this year) was 1:55:04, incredibly fast for an off-road event of this duration.

[Thanks to Mike Teel for the information for this article—Ed.]



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

Address Correction Requested

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Phil & Jini Caruso  
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Parchment MI 49004

## KBC Phone Numbers:

President ..... Dave Deright ..... 381-2678  
Vice-President ..... Shirley Williams ..... 329-4003  
Treasurer ..... Nancy DeBoer ..... 376-6441  
Secretary ..... Dennis Morrison ... 344-7354  
Race Team ..... Mike Teel ..... 344-7354  
Database ..... Phil Caruso ..... 381-0135  
Newsletter ..... Marc Luoma ..... 731-2739  
Ride Line ..... Ann Johnson ..... 327-7767

### CLASSIFIED

#### FOR SALE:

**Winter Gloves.** Winter Gloves, Rhode Gear, black and gray, size M. Worn twice. New \$31.95, will sell for \$18.00. Call Bruce at 349-9940.

**Tires.** Mountain Bike Tires, Specialized Crossroads II, 26 X 1.5, 35-80 psi with kevlar bead. Tubes included. Used on rollers. \$25.00. Call Bruce at 349-9940.

**Frameset/Bicycle.** 1988 Miyata 312, 24" (c-c). Triple-buttet Cromoly frame, internal cable routing. \$110 or best offer for frameset. Complete bike price negotiable. Call Bill at 375-6712.