

FFBT

May, 1992

KBC Tour Gains Momentum

The 1992 Kalamazoo Bicycle Club Flowerfest tour is on track for a first-year success. Tour director Nancy DeBoer and the Flowerfest Tour steering committee have been busy, busy, busy! Here's an update:

General Tour Info

When: July 26, 8:00-3:00
Where: Starts at Kalamazoo Central High School
Routes: 15, 31, 62 miles in northwest and western Kalamazoo County
Costs: \$10 individual, \$25 family. Late fee: \$15 individual, \$30 family
Amenities: Maps, rest stops, refreshments, sag wagon service, safety check, low-cost T-shirts

Volunteers

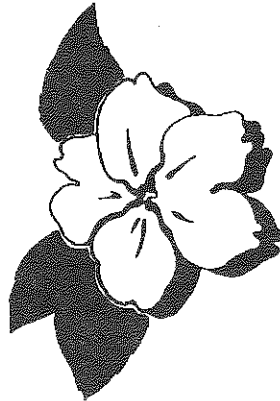
As of this date 35-40 KBC members have volunteered. More volunteers are still needed. We need YOU!

Sponsorships:

The following bike shops have agreed to sponsor the tour with sag service, spare

parts, or other merchandise:

- Alfred E. Bike
 - Breakaway Bikes
 - Safety Cycle
 - Milwood Schwinn/Portage Schwinn
 - Village Cyclery



Next time you're in one of these shops, thank them for their help. We couldn't do it without them.

WE STILL NEED FOOD/GENERAL SPONSORSHIP. Please contact your employer or other likely company. We need food and CASH. We can offer public-

ity to 4,000-6,000 direct mail families and publicity on the day of the ride.

Publicity

The FFBT brochure is complete and will be mailed to 4,000-6,000 cyclists in Michigan and northern Indiana.

Local radio stations, TV-3, and the *Kalamazoo Gazette* will all provide publicity.

For more information, call tour director Nancy DeBoer at 376-7198 during the day.

KBC Open House May 2

What: The First Annual KBC Spring Bike Ride and Open House. A chance to ride and socialize with new and old riding companions.

Where: Concord Place Apartments clubhouse, on KL Ave, just west of Drake Rd.

When: Saturday, May 2. Ride at 3:00. Party

at 5:00.

Routes: 10-40 miles for riders of all interests and abilities.

Provided: Soft drinks, chips.

You bring: Snacks, beer or wine if you wish, and NEW RIDERS.

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Portage Community Field Day

The following letter was sent by Dave DeRight, KBC Safety Committee Chair, to Steve Johnson, coordinator for the 1992 Portage Community Field Day, in which KBC will be a participant.

Dear Steve:

Much is being done in the world of bicycle safety, especially on the national level. Congress has approved funding and cycling organizations have geared up resources to address the needs of the cycling public. It's about time. Unfortunately, the average citizen, or even those responsible for the education of our youth probably don't have the latest information. Believe me, things have changed dramatically and are continuing to change at a fast pace. It has been hard for us to come to grips with this slippery subject, but, I think we finally have a handle on it and are prepared to venture forward in the dissemination of what we have learned.

For the field Day ad. Emphasize that this is

being prepared by the Bicycle Club safety committee and information for parents and adult cyclists will be available. Ad space paid for by the two bike shops with helmet donations. Safety committee members and regular Club members will be there answering questions. We will also be promoting the Club and the Kalamazoo County Flowerfest Bicycle Tour of which the Club will be holding on July 26th, of this year, in conjunction with the festival. We invite anyone to stop by the booth or write us at the above address. We are always looking for new members.

Thank you for your assistance.

Dave DeRight
KBC Safety Committee Chair

Dave needs help manning a booth at the field day on May 10. Roller riders are a good attention-getter, so if you have that skill or can spend some time at the booth, please call Dave at 381-2678.

Classifieds

FOR SALE

BICYCLE: 53 cm (21 inch) Red Quentin 3000. Chromoly frame/fork. Call Marc at 731-2739.

BICYCLE: Italian Racing Bike. 2 years old, hardly used. Call Hans Zeffler at 344-7044.

BICYCLES: 2 Motobecane Grand Touring. Call Doug Dorn at 344-1027.

WANTED

BICYCLE TRAILER: Call Valerie Flick at 345-

1592.

TANDEM PARTNER: for visually impaired cyclist. Has own tandem, you drive. Call David Brick at 344-7297.

ANNOUNCEMENTS

WEDDING INVITATION: Celebrate with Jeff Wetters and Libbie Nedervelt at May 16, 1:00 pm at the Portage Free Methodist Church on 1715 W. Centre. If you can come, call Libbie at 375-4664.

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

by Bob Fishell

[Synopsis: Spike's identity is discovered by the crumbling Corporatist government, and he flees his Illinois home only to be captured in Detroit by Ames Morgan, Secretary of Transportation. There he discovers that Morgan intends to explode a suitcase-sized H-bomb over the cities of Detroit and Windsor, creating an international crisis, and killing key members of the Enterprise Party, who have regained control of the government in the 1998 elections. Spike manages to partially free himself from his restraints, and kicks Morgan through a window on the top floor of the 103-story CFGM building. But he is too late to stop Morgan from activating the Bomb, which will go off in less than 4 hours.

In the year 1998, one man has fought the tyranny of the automobile. Now he must fight to save two cities and a Nation... — 3:41:58... :57... :56...

The silent, florescent display counted down the seconds until an inevitable 30-kiloton nuclear blast. Morgan had said the Bomb could not be disarmed, and he'd had no reason to lie.

I got myself turned around and managed to get on my feet. My hands were still bound to the arms of the chair. I gingerly hobbled over to the shattered window, through which poured the chilly November air. The jagged glass cut through one of my bonds, giving me a gash across the wrist in the process, and soon I was free of the chair. Glancing down to the street, I saw tiny flashing red lights converging on the area where I knew Morgan's remains must be splattered. Not good; I'd hoped to get out of here unnoticed. The surrounding streets would be crawling with CFGM Security by the time I reached the ground floor.

I turned my attention to the Bomb. Within just over three and a half hours, it would

have to be taken to a place where it could be detonated with relatively little harm. There wasn't time. Morgan and his henchmen had kept the theft of the Bomb a secret from the public, and I could not deal with CFGM Security, which policed the city. It could not be exploded on the surface anywhere in the populous East. A fast military plane might get it to the Nevada desert in time, but how could I convince the Air Force or the Navy of the urgency of the situation? And how could I trust them? I had no idea how extensive the conspiracy was. Searching my memory, I thought of one place it could be taken that might suffice: the extensive salt mines under the city. I knew I would have to take it there myself.

I retrieved my MAC-10 from Morgan's desk and checked out the bike. It was undamaged, and Morgan had been afraid to tamper with its extensive array of armament. That was good; I had a feeling I'd be needing it. I patched up the cut on my wrist and replaced my flak vest. Then I set about lashing the 36-lb Bomb to the rear rack. It was more weight than I was used to carrying, but I was able to maneuver the bike around the room. I boarded the private elevator which connected Morgan's office to the parking garage under the skyscraper. A brief, sinking feeling assured me I was on my way. On the way down, I broke all the lights in the car's interior. I readied the machine gun, prepared a grenade, and straddled the bike as the elevator slowed to a stop. As the door opened, I saw two grey Plymouth sedans waiting outside.

I burst through the doors firing in a wide arc. The guards crouched behind the cars instinctively ducked, and did not return fire or a critical second while I sprinted past the roadblock, tossing the grenade as I passed. One of the guards got off a shot before the blast, and I felt something hot laid across my shoulder. The wound was superficial, but bloody. I waited for more fire, but none came. The next wave would

Please continue on page 7.

NEW MEMBERS

David & Marcie Brink
Steven Brinn
Maarten, Redgy, Gaby & Pieter Coucke
David, Judy, & Axel DeBack
Jayne, Karen, Adam and Amanda Farmer
Ricard & Casey Gershon
Patrick Hempel
Linda & Jeff Kozacki
Kerry & Kathy Kupka
Kirk, Judy, Allyson & Scott McBride
Emily & Eric Moerman
Debbie McCaul
Mary Mursch
Chris O'Leary
David Patrick Robert Rensch
Clayton Rowland
Deb, Josh & Caleb Scott
Amanda Speedy
Mike, Judy, Jacob & Natalie Tice
Elaine, Charles & Dana VanBelleghem

April Ride Leaders:

Jeff Wetters
Dave DeRight
Eric McIntyre
Marc Luoma
Ann Johnson
Phil Caruso
Jini Caruso

May Ride Leaders:

Jeff Wetters
Phil Caruso
Jini Caruso
Dave DeRight
Don Povendo
Charlie Fuentes
Annie the Bike Dog
Miles Kusik
Roberta Hillman

Without these people, there would be no club rides.

Thank you all for your help!

Book Review: *Training, Lactate, Pulse Rate*, by Peter G.J.M. Janssen.

Published by Polar Electro Oy (the company that makes the Polar and CIC pulse rate monitors), 1987, and available from Performance Bicycle Shop for \$17.95.

Peter G.J.M. Janssen practices sports medicine and is the team physician for Panasonic's cycling team. His slim book (173 pages) is fairly technical and will undoubtedly appeal to the reader who already trains with a pulse meter and who is well versed in the training techniques espoused by Conconi and Paul Kochli (and described in some detail in the cycling books by Greg LeMond and Bernard Hinault). All of the workouts which are provided as examples in the book are based on pulse rate and/or blood lactate.

The main purpose of the book is to describe methods for the reader to determine a pulse rate correlate of "anaerobic threshold" (blood lactate of 4mM). Once this is done, the reader can estimate pulse rates corresponding to various lactate concentrations and then tailor a specific workout to the desired lactate concentration. Janssen classifies workouts in the following six categories: recovery (lactate <2mM), extensive endurance (lactate 1.5-2.5mM), intensive endurance (lactate 2.5-3.5mM), extensive repetitions (lactate 3.5-6mM), intensive repetitions (lactate 6-12mM), and relatively brief extreme exertions (lactate >12mM). In Janssen's terminology, an intensive endurance workout corresponds to what LeMond calls an anaerobic threshold ride, and in this workout Janssen recommends that the rider maintain a pulse rate between 90-97% of the lactate threshold pulse rate for 20-30 minute periods. Most cyclists will notice a marked improvement in fitness from weekly anaerobic threshold rides.

My major criticism of the book is its great reliance on Conconi's procedure for estimating the lactate threshold pulse rate. The concept of a pulse rate correlate of blood lactate presumes steady state conditions, at least for lactate concentrations <4mM. In Conconi's test, however, the workload is progressively increased every 30-60 seconds, and these time intervals are far too short to establish a steady

state relationship between pulse rate and blood lactate.

My own experience with the Conconi protocol leads me to distrust its results. One evening several years ago, Jim Stark and I each performed the protocol on a wind load trainer. My results were consistent with my expected lactate threshold. Jim's results, however, were uninterpretable because the shape of his pulse rate vs workload curve did not follow the expected shape! After reading Janssen's book, I repeated the Conconi protocol and obtained an estimate of 140bpm for my lactate threshold pulse rate. This value is far lower than the 170bpm which has been determined from many anaerobic threshold runs and rides.

Janssen fortunately provides several examples of how to estimate the lactate threshold pulse rate without performing the Conconi protocol. For runners, the best way to estimate the threshold pulse rate is to determine the maximum pulse rate that can be maintained during a one hour steady run. The threshold pulse could also be estimated from the pulse rate of shorter runs, such as a 10K, but Janssen notes that the threshold will probably be about 3% lower than the 10K pulse rate. Cyclists can perform analogous tests on the bike to estimate the threshold pulse rate.

Janssen's book deserves to be in the library of serious cyclists, along with the books by Eddy B., Greg LeMond, and Bernard Hinault. These latter books provide discussions of race tactics, yearly training programs, positioning on the bike, and development of a good pedal stroke, topics which are missing entirely from Janssen's book. Janssen's book, with its narrow focus, provides the reader with a better understanding of how to implement the training programs described in these other books.

--Steve Cox

Kalamazoo Bicycle Club Events—May 1992

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
See complete ride descriptions on the back.						
• Ride from KVCC, 10-20 slow miles at 2:00 pm.	• KBC meeting and Ride from Texas Drive Park, on Texas Drive (Milham Rd.), near 8th Street.	• Ride from KVCC.	• Ride from Kalamazoo Central H.S.	• Ride from Scotts Elementary School *** Special 10-mile slow tour @ 7:00.	• Ride from Billy's in Galesburg.	• KBC OPEN HOUSE—ride at 3:00, party at 5:00.
3	4	5	6	7	8	9
• Ride from Texas Drive Park.	• Ride from Texas Drive Park.	• Ride from KVCC.	• Ride from Kalamazoo Central H.S.	• Ride from Scotts Elementary School *** Special 10-mile slow tour @ 7:00.	• Ride from Billy's in Galesburg.	• Ride on Kal-Haven Trail from 10th Street trail head to Beehive Market at 3:00 pm.
10	11	12	13	14	15	16
• Ride from Texas Drive Park at 3:00 pm, to Schoolcraft for subs. • Ride from Toby School, 15-20 slow miles at 2:00 pm.	• Ride from Texas Drive Park.	• Ride from KVCC.	• Ride from Kalamazoo Central H.S.	• Ride from Scotts Elementary School *** Special 10-mile slow tour @ 7:00.	• Ride from Billy's in Galesburg.	• Ride from Dotties in Richland. B'fast at 9:00, ride at 10:00.
17	18	19	20	21	22	23
• Ride from Texas Drive Park at 3:00 pm, to Schoolcraft for subs.	• Ride from Texas Drive Park. • Ride from Pavilion Township Hall, 12-17 slow miles at 2:00 pm.	• Ride from KVCC.	• Ride from Kalamazoo Central H.S.	• Ride from Scotts Elementary School *** Special 10-mile slow tour @ 7:00.	• Ride from Billy's in Galesburg.	• Ride from Dotties in Richland. B'fast at 9:00, ride at 10:00.
24	25	26	27	28	29	30
• Ride from Texas Drive Park at 3:00 pm, to Schoolcraft for subs.						
31						
All rides start at 6:30 (except where noted).						

May Club Rides

All weekly rides will have routes of 15-30 miles and are open to everyone! All speeds and abilities are accommodated at weekly rides. All week night rides start at 6:30 unless otherwise noted.

Mondays

The Texas Recovery Ride. Recover from that weekend race or long tour with a flat 15-30 miles. Due to the terrain, this is a great ride to bring the tandem on. From Texas Drive Park on Texas Drive (Milham Road), almost to 8th Street. Led in May by Jeff "Big Bunny" Wetters (365-4664).

May 25 ONLY: *The Memorial Day Meander.* 1:00 from Pavilion Township Hall at Q and 29th. Loops of 12 and 17. Mostly flat, some rolling sections. Phil & Jini Caruso 381-0135

Tuesdays

The Valley Tour. A moderately-hilly tour from Kalamazoo Valley Community College. Led in May by Dave "Safety Man" DeRight (381-2678).

Race Team Sprint/Roll-up/paceline training. Starts at 6:00 at KVCC. No map. No sign-up sheet. All riders welcome, beginners and old pros alike. For information, call Blair Dudley.

Wednesdays

The Mountain March. There aren't really any mountains in Kalamazoo, but this ride is pretty hilly. Leaves from Kalamazoo Central High School on Drake Rd, about a mile north of West Main St. This ride was pioneered and continues to be led by Don "Mondo Dondo" Povendo (381-6819).

Thursdays

The Ice Cream Cruise. A great introduction to Club rides. 10-30 mostly flat miles from Scotts Elementary School on QR Ave., just east of 36th Street in Scotts. After the ride, we meet at Scooters Malt Shop in Scotts for conversation, socializing, idle gossip, and the best darn ice cream deals in the county. Led in May by Charlie "Twin Tandem" Fuentes.

***** Special 10-mile tour.** 7:00 PM from Scotts Elementary School (see above directions) in Scotts, 10 slow flat miles. Phil & Jini Caruso 381-0135. Meet back at Scooters for ice cream with "those other people."

Fridays

The Tour de Gull Lake. Circle beautiful and picturesque Gull Lake. The terrain is rolling and the scenery stunning. Leaves from Billy's, one block east of the five-way intersection in Galesburg (next to the video store). Please park in back. Note: This ride offers only one route of about 25 miles. Led in May by Annie the Bike Dog and her helper Marc (731-2739).

Saturdays

May 2: KBC OPEN HOUSE. Bring your friends to the KBC open house. Meet at the Concord Place Apartments clubhouse. Ride at 3:00, party at 5:00. (*See story on page 1.*)

May 16: The Beehive Boogie. Catch Mentha Madness! Ride the Kal-Haven Trail to the Beehive Market for baked goods or sandwiches. Departs the 10th Street caboose parking lot at the trail head 3:00 p.m. You will need a Kal-Haven Trail pass - Bee costumes are optional but encouraged! 20-mile route only. Contact "A Lotta" Miles Kusik at 343-3699 for further information (343-3699).

May 23: The Hills And Lakes Tour. Meet at Dottie's Parkview Inn on M-43 in Richland, across from the park for breakfast at 9:00. Ride starts at 10:00. 15 and 40-mile routes north to Cloverdale, Delton, and back to Richland. Quite hilly terrain. Led by Roberta "Don't-You-Dare-Tell-My-Nickname" Hillman (629-5186).

Sundays

May 3rd: The Caruso Cruise. 2:00 from Kalamazoo Valley Community College parking lot. Slow ride of 15 to 20 miles over rolling

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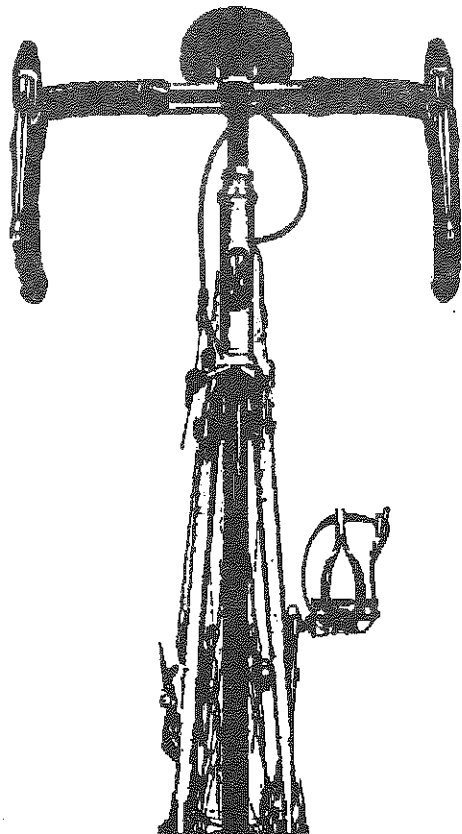
Weekly Rides (continued)

terrain, Phil & Jini Caruso 381-0135

May 17: *The Caruso Cruise, Act II*. 2:00 PM from Tobey School at 8551 East Long Lake Drive, Slow, flat ride of 15 or 20 miles Phil & Jini Caruso 381-0135

May 17 & 31: *The Sunday Sub Run*. Departs Texas Drive Park at 3:00 p.m. (The Park is just west of camp Rota-Kiwan on Texas Drive for all you new riders!) "A Taste of Italy" is the destination in Schoolcraft for subs or pizza which they will deliver to the small park three block away. Very, very flat terrain with a route of about 20 miles and a little longer loop for faster tourists. Good food, reasonably-priced, and a great ride for newcomers to the sport. Contact "A Lotta" Miles Kusik at 343-3699 or the ride line for further info.

FOR MORE INFORMATION OR TO HEAR ABOUT LATE-BREAKING RIDES, CALL THE RIDE LINE AT 327-7767.



Spike Bike (continued)

be at the garage's entrance. There was no time for stealth. Repeating my bold move at the elevator, I sprinted up to the street. The Bomb's weight slowed my progress up the ramp, but I still burst out of the door with enough speed to maneuver. Fanning the machine gun at the row of grey Plymouths just outside, I cut towards the alley I had come out of this morning, right between two of the Security cars. This time, none of their shots connected. A second grenade went off behind me and the guns fell silent. A block away, I knew I had made the first hurdle, but I could not get far this way. A mountain bike has tremendous advantages in rough country, but it's not much help on city streets. I thought for a moment about where I should go, and had the answer.

I wound my way through the alleys toward the sea of light four blocks from the CFGM building. There was one place in this city where I might find friends, but there would not be any time to explain. Firing into the air, I burst forward into the light. A stretch Lincoln limousine was just pulling up in front of the glittering entrance to Cobo Hall. It would do nicely. Riding up onto the sidewalk, I grabbed the first person in reach, a terrified woman. I hated to do it, but I needed to hold off the guards while I got the limousine door open. I rolled the bike inside and dove in after it, releasing my hysterical hostage. There was a distinguished-looking man inside, rubbing his knee. The bike had jostled him some.

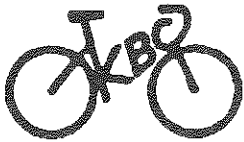
"Senator Crisp, I presume."

"So. I finally get to meet Spike Bike."

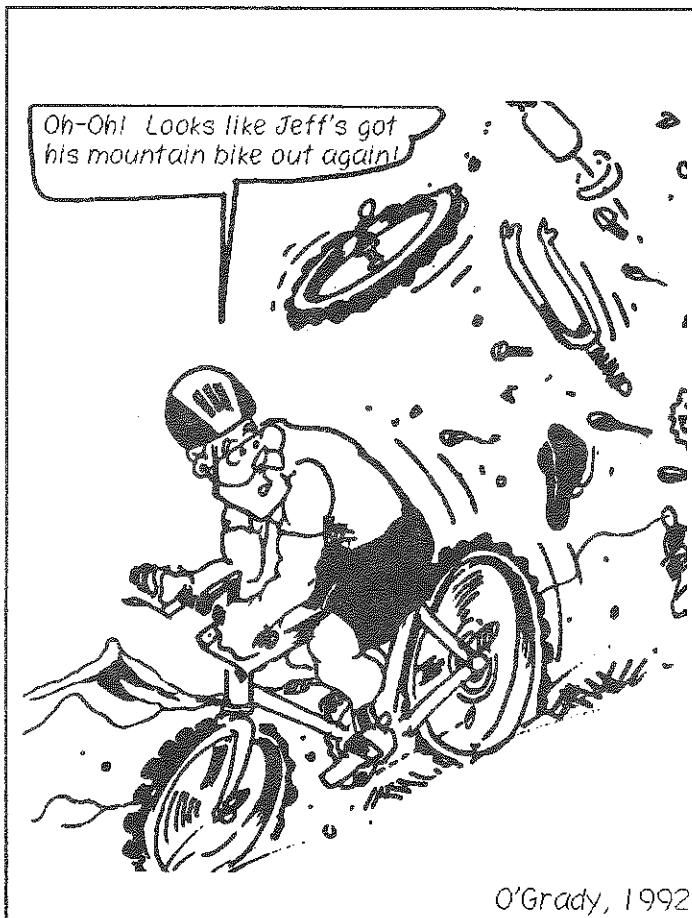
I instructed the Senator's driver to get away—fast. The Bomb silently counted away the seconds.

3:08:18... :17... :16...

* TO BE CONTINUED *



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



KBC Phone Numbers

President Jeff Wetters 375-0940
Vice-President ... Shirley Williams ... 329-4003
Treasurer Nancy DeBoer 376-7198
Race Team Mike Teel 344-7354
Database Phil Caruso 381-0135
Newsletter Marc Luoma 731-2739
Ride Line Ann Johnson 327-7767
Kal-Haven Trail-
Blazer Liason Charlie Fuentes ...
Stage Race Gary Goscenski ... 343-0498