

PEDAL PRESS

The Newsletter of the Kalamazoo Bicycle Club

August, 1993

FlowerFest Tour Growing

While all the details aren't in as of press time, Jim Dagwell reports that, despite the rain, the tour had over 200 participants and went home very satisfied. Everyone had a great time and all KBC volunteers did a great job. Congrats' to all.

Sign Up Now For The YMCA Corporate Olympics Bike Event

KBC still needs day of event volunteers for the Corporate Olympics Bike Event to be held Thursday, September 16th. Two shifts are needed: morning--from 11 'til 1:30 pm, and evening--from 4 'til 8pm. It's real tough getting enough help during the day when most people are working. So, if you can make yourself available or know of someone, give Charlie a call at 327-2809.

Club Seeking Help For Fall Mountain Bike Event

As KBC gears up, Mike Teel could use a hand in preparing for the Club's first ever mountain bike race to be held Sunday, September 19th, at Ft. Custer Recreation Area. Your help is needed to ensure that this event will become a regular Michigan Mountain Bike Association Calendar event in future years. Mark your calendar and give Mike a call at 344-7354 to see where your help is needed. Day of event volunteers as well as event organizers are needed.

Club Seeking Newsletter Editor

Interested parties should contact one of the officers.

Constitution Proposal Gets The Ax--For Now

After a short discussion during last month's Club meeting, a motion was made to vote on the proposed Constitution as printed in last month's Pedal Press. Result? NOS=16, YEAS=2, ABSTENTIONS=2. Further discussion led to an ad hoc committee dispatched to try to make the defeated proposed Constitution more workable and be reintroduced in 60 days. The consensus was that the general concept was agreeable but more time was needed to hone the rough edges and clarify the Board member number, content and duties (ed. opinion). Appointed were: Dave Patrick, Bill Watt, Jeff Wetters, and Jim Wyrick. While on a ride, let these people know your thoughts on what may become our new Constitution.

Pres Resigns

Due to a conflicting 2nd shift work schedule that has to continually be juggled to attend Club meetings, Dave DeRight has decided to pass on the duties of the President effective the August Club Meeting. The Vice President, Shirley Williams, plans to preside at that meeting if Dave can't attend and hold an election for an interim President if she decides not to assume those duties. In case she decides to hold an election, interested persons should plan to attend the meeting and elect an interim President.

Mystery ed. note:

You know who was stuck putting out this month's Pedal Press, don't you? Because of that and the deadline of getting the ride calendar in your hands on time, the content of page one and page two has some duplication. Please excuse me.

Volunteers Needed For Fall KBC Mountain Bike Race

As Mike Teel gears up, he could use a hand in preparing for the Club's first ever mountain bike race to be held Sunday, September 19th, at Ft. Custer. For the first year, this event is termed a Michigan Mountain Bike Association Exhibition Race with plans to become a regular Club event on the MMBA series calendar in future years. Your help is needed to ensure KBC's success in this growing venue. Mark your calendar and give Mike a call at 344-7354 to see where your help is needed. Day of event and organizing help is needed.

Sign Up Now For The YMCA Corporate Olympics Bike Event

KBC still needs day of event volunteers for the Corporate Olympics Bike Event to be held Thursday, September 16th. Two shifts are needed: morning--from 11 'til 1:30 pm, and evening--from 4 'til 8pm. It's real tough getting enough help during the day when most people are working. So, if you can make yourself available or know of someone, give Charlie a call at 327-2809.

KBC Race Results

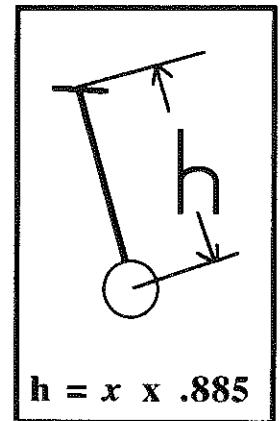
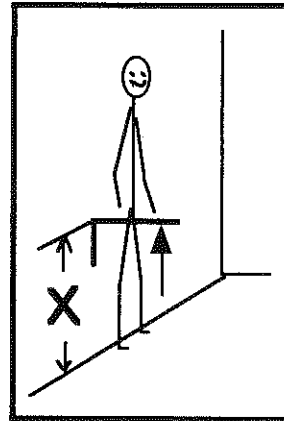
Goshen, Indiana, Mountain Bike Race
(Mike doesn't recall the title):

Brett Pittman--3rd
Marty Minka--5th

Also, Marty Minka is currently 2nd overall for the season in the Grattan Training Series.

Seat Height Adjustment Made Simple

Proper fit makes riding much more enjoyable and starts with a correct seat height adjustment. All other adjustments, fore and aft, stem length, etc., come only after you get your seat height dialed in. Once that is done and fore and aft is done, pedaling is easy and everything seems to fall into place. From notes luckily taken from an old tattered copy of "Velo News" that my dogs recently happened to destroy, is a simple solution to the seat height debate. Written by a Claude somebody and Bernard Hinault, ex Tour de France Champ, this is how it works. Stand with your back to a wall with your cycling shoes and shorts on. Have somebody mark the point on the wall where your crotch is, or where your seat would be. This is accomplished by using a carpenter's square, or maybe a yardstick, and pressing upward against your crotch and marking that point on the wall. Then measure from that point to the floor and multiply by .885. That should be your approximate height from the center of the crank to the top of your seat. (See diagrams below.) Everyone has a theory of what works best for them. But if your struggling with your seat height adjustment, give this a try. Then keep it away from your dogs. Fore and aft adjustment maybe next month.



Dave DeRight

Do you have something of interest for your fellow members that you would like included in the newsletter? Tales, stories, info, whatever. Send it in! This is your newsletter.

August Ride Calendar

Note: Rides marked with an asterisk * are rides where riders of all ability are encouraged to attend. While ride leaders of all ability may not be designated, there is usually someone of similar ability to ride with. Come on out and have fun--but come prepared. All participants should be responsible for their own equipment--including: spare tubes, a pump, necessary tools, and ability to use them. Also, it is wise to have a sufficient supply of water in your water bottle. All rides leave promptly at 6:30 unless otherwise noted and helmets are required.

Sundays: Bob Kennedy, of Breakaway, leads a ride from the shop at 10am every Sunday. About 30 miles at a 18+ pace. Not an official Club ride--just thought we'd pass it along.

* **Mondays: "Recovery Ride."** Every Monday at 6:30. Jeff Wetters and John Matheison will split the faster group leader duties at 18+, while Kris Wasche picks up the 15mph--more casual cyclists. Route distance--about 25 miles. Mostly flat.

Tuesdays: "KVCC cruise." Join Bill Watt for a nice ride to Lawton and back. About 25 miles at about 18mph. Flat to rolling.

* **Wednesdays: "Roberta's Ramble."** Join Roberta Hillman, at 6, for a spirited jaunt of 15-50 miles. The lead group usually goes kinda fast, but sport and touring riders also show up for a good mix. Can be on the hilly side.

Also, on the **2nd and 4th Wednesdays only, 8/11 and 8/25, Denny Morrison** will be leading a ride from Reit's Flea Market which is about 5 miles west of PawPaw. It's a huge place on the North side of the road, can't miss it. A 22 mile distance and a pace of about 11-14 mph.

* **Thursdays: "Ice Cream Ride."** On the 1st, 3rd, and 4th Thursday this month (**August 5th, 19th and 26th**), Randy Putt will be leading out of Vicksburg--corner of Prairie and Main--with a stop of for ice cream afterwards. About 25 miles--about 18mph. Bruce Dedee and Shirley Williams are doing the 2nd Thursday (**August 12th**) from Kalamazoo Academy to **Scooter's**. Bruce rides about 18mph while Shirley will try to hang in there at 12. Mostly flat.

Rollerblading With Jeff: For those seeking something different, join Jeff Wetters, at KVCC, Thursdays, at 6:30, for some RollerBlading. Call the Ride Line at 327-7767 for details.

* **Fridays: "Tour de Gull Lake."** Join Mark "Miguel" Louma for a scenic trip around beautiful Gull Lake. Meet at "Billy's" Bike Shop in Galesburg. Mixed caliber of cyclists desired. About 25 miles.

* **Saturdays: "Anybody's Breakfast Ride."** Join Brad Cosgrove for a ride and breakfast. Meeting at KVCC, at **9am**, on the 2nd and 3rd Saturdays--**only**. August 14th and 21st. Call for details at 342-0173.

You know, it really doesn't take much to lead a ride--just initiative and forethought. We are always in need of ride leaders of whatever ability. Like to pitch in? Call Brad.

Mystery Editor note: Sorry folks, but I don't have one of those fancy calendar programs you would customarily see used for this page. My sincerest apologies for any inconvenience.

KBC Phone Numbers

President
Dave DeRight.....381-2678
Vice-President
Shirley Williams.....329-4003
Secretary
Denny Morrison.....657-2166
Treasurer
Laura Dagwell.....372-0103
Race Team
Mike Teal.....344-7354

Corporate Olympics Coordinator
Charlie Fuentes.....327-2809
Database
Phil Caruso.....381-0135
Newsletter.....Open

Ride Line
Ann Johnson.....327-7767
Ride Captain
Brad Cosgrove.....342-0173
Flowerfest Tour Director
Jim Dagwell.....372-0103

Classified

For Sale

Yakima 1C SST MKII Rack
1 C48 Part #1500 used one time \$115
2 pair Y-11 clips \$20.
Call Bruce 349-9940.

Wanted

Good used road components. Call Jim
at 349-1744.

Wanted

Part Time Secretary-with basic knowledge
of bicycles to do typing, filing, record
keeping and computer entry.
Contact Paul at Breakaway Bike 349-
5555.

Frequently Called Numbers

| | |
|-----------------------|----------|
| Alfred E. Bike | 349-9423 |
| Billy's Bike Shop | 665-5202 |
| Breakaway Bicycles | 349-5555 |
| Millwood Schwinn | 349-6384 |
| Parchment Bicycle | 343-8118 |
| Portage Schwinn | 327-3393 |
| Safety Cycle | 381-7233 |
| Scooter's Malt Shoppe | 626-8860 |
| Village Cyclery | 679-4242 |
| Vornkamp Bike Shop | 344-3599 |

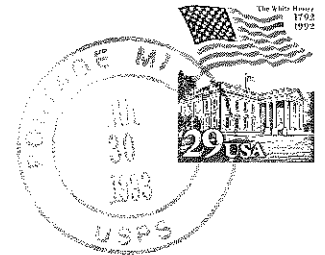
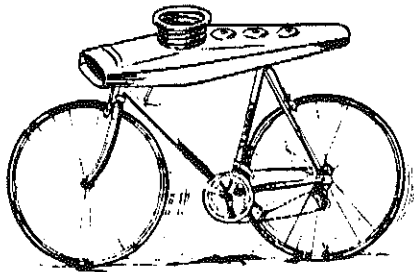
Notice

August Club Meeting

Immediately preceding Monday,
August 9th, Club ride.
Agenda: elect officers.
Meeting at 6:15, ride at 6:30.

It's The Law: Kentucky

No female shall appear in a bikini
while riding a bicycle unless she be
escorted by at least two officers of
the law or unless she be armed with
a club.



Kazoo Bike Club
P.O. Box 50527
Kalamazoo, MI 49005

*****expires 94/01
Phil & Jini Caruso
2301 Fairfield Ave.
Parchment MI 49004

Address Correction Requested