

# PEDAL PRESS

The newsletter of the Kalamazoo Bicycle Club

February, 1994

## Entertainment and Information at Feb. Meeting

The February Membership Meeting will be held at Candlewyck Apartments Clubhouse on Sunday, February 20, at 3:00 p.m. Candlewyck is located on Kilgore Rd., approximately 1/4 mile east of Westnedge Ave. There will be two featured speakers: Roberta Hillman and her famous Paris-Brest-Paris slide show. Don't miss this slide show; last year's presentation was a real treat. (See accompanying article.)

Al Colestock, chief physical therapist at Bronson Hospital's Outpatient Rehabilitation Center will discuss how to treat injuries, strains, and other associated trauma. Al is a certified athletic trainer and has worked extensively with the sports medicine clinic at WMU. He will cover the injurious problems a cyclist would encounter, some stretching exercises for stiffness, when to use ice and when to use heat on a traumatized area, and even when to visit the doctor. This presentation will be of general interest and not for cyclists *only*. Al is an enthusiastic speaker with a wide scope of knowledge of therapeutic treatment.

KBC will provide refreshments. The entire membership is encouraged to attend this meeting since the speakers will be very interesting. So, come out and spend a cold February afternoon and listen to a couple of great talks and socialize with your riding buddies.

- Bill Watt

### Don't forget!

February is bring a new member to the bike club month.

### Looking for A Long-Distance Challenge?

#### Paris-Brest-Paris Slide Show Returns to KBC

During the February KBC General Membership meeting (more details in accompanying article), Roberta Hillman will reprise her much-ballyhooed slide show of her 1991 ride in the once-every-four-years Paris-Brest-Paris race. A 750-mile non-stop event that emphasizes speed, endurance, and the ability to go without sleep, Paris-Brest-Paris is the "Tour de France" of the endurance cycling world. Out of 3,281 competitors, Hillman was the 13th woman finisher, and 5th American woman finisher, an accomplishment of staggering proportions.

Unbelievably, many more competitors want to try the event than there are places available. Consequently, the race organization has developed an elaborate qualifying system, one that takes **two years** to complete. A series of 200, 400, and 600-kilometer *brevets* are held in various parts of the U.S. Roberta will explain the qualifying procedures, so all you would-be PBP riders can get started now.

So, whether you're a long-distance rider, a PBP wanna-be, or just like a good cycling story, come hear Roberta at the February meeting.

**BUT WAIT!** There's more! Roberta will also regail us with a few words about her PAC-Tour 21-day trip across the U.S. by bicycle, completed just last summer.

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# Note From The President

The Bike Club will not be staging the bike event for Corporate Olympics in 1994, nor will we be holding the summer training sessions for participants in the bike event. We were informed in November that Corporate Olympics was experiencing budget problems and could no longer justify paying the Bike Club for its services in the future. We have also had some problems collecting the funds promised to the Bike Club for the '93 bike event, but these problems have recently been settled for the most part.

Corporate Olympics has been an important source of revenue for the Bike Club and this

could be a significant loss in our funding in the coming year. For this reason, it is extremely important that we concentrate on making our other events as successful as possible. Of there is anything you can do to pitch in and help, please let one of the Club officers know. **A special thanks goes out to Club member Charlie Fuentes** who coordinated the Corporate Olympics bike event for the past three years. Charlie has put in a lot of work and has done an outstanding job for the Club.

Dave Patrick

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## 1993 Treasury Report

This year began with a balance of \$3,671 and ended with a balance of \$5,089. Our top three expenses this year were 1) printing the *Pedal Press*, 2) T-Shirts for the Flowerfest bicycle tour, and 3) *Pedal Press* postage. Our three major sources of income (\$7,074) were: 1) Flowerfest Bicycle Tour fees, 2) Club dues, and 3) payment for running the Corporate Olympics cycling event.

While you all realize that the Club dues are very reasonable, you may not realize that they basically cover only the cost of the *Pedal Press* and meetings (\$1,921). The total cost to keep this Club operating last year was more than \$5,700. It is only through the generous contribution of your time to our fund raising events that this Club can continue to pay its bills.

While the few numbers that I've given may put many of you to sleep, those who are into these dancing digits can obtain a complete accounting of all the debits and credits for the past financial year by requesting it from any Club Officer, leaving a request on the ride line, or writing the Club PO box. With your help, I'm sure this next year will bring us a more prosperous, productive and enjoyable bicycle Club.

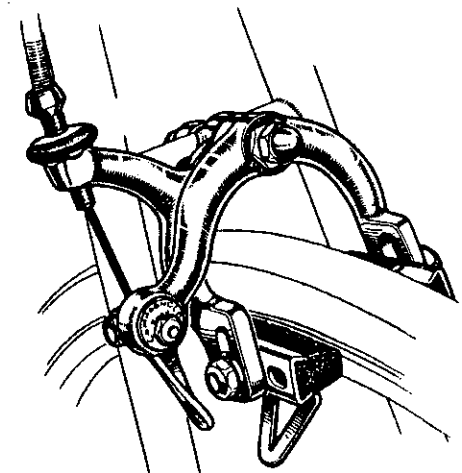
--Jim Wyrick, KBC Treasurer

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## Flowerfest Tour News

At the January Board Meeting, we discussed ways to replace our involvement in Corporate Olympics as a fund raiser. The Flowerfest Bicycle Tour will be our largest fund raiser in 1994, so we need to ensure that it is a huge success. It is scheduled to take place on Sunday, July 23, 1994. We should receive, by mid-February, all of the details regarding our responsibilities for the 1994 Flowerfest. Previous volunteers should expect to be contacted by Flowerfest Bike Tour Committee members. The Board has made a few changes for this event, e.g., the previous Tour Director duties will be split into co-director positions.



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# Tales From the Bike Shop: *Our Rides*

There was a time when our club rides lost cohesion, when they routinely turned into ragged hammer-sessions. No one liked that kind of disorder or benefitted from it, not even the guys who regularly dropped the rest of the group

It seemed that when we had two or three cycling "elder statesmen" in our number the rides stuck together better, out of respect for those guys, I guess. Most people thought those men knew how things should be done, so riders would follow their example. They'd form double pacelines where there was enough shoulder, and single, disciplined lines where there wasn't.

When the respected riders came along, our group started at a gentle warm-up pace, then gradually picked up momentum. Sometimes we'd drop a rider or two on a climb, then pause so the stragglers could catch. When strong but undisciplined young men surged off the front, the group would let them go. Soon those guys learned that peer approval came from a quiet display of pack-riding skills, not head-down, big-gear show-boating.

During the rides, you could see those group values in action, but it was hard to talk about them off the bike. You'd hear questions like "Isn't the hard solo effort the better workout?" and, "Isn't this ride going the speed of the slowest participant?" and, "Shouldn't I go hard if I'm feeling extra good today?" Questions like those are hard to answer.

A new rider could go to the shop where he traded and get answers to all sorts of cycling questions. He could become technically sophisticated simply by asking questions at the parts counter. He could find out how long the chain should be on a derailleur bicycle, how to wash wool clothing, and how to join a bike club. Someone knowledgeable could tell him about pedal cadence and position on the bike.

He would still not have a clue about negoti-

ating fast downhill corners elbow to elbow in a pack.

At the chaotic time I mentioned, our looked-up-to riders were temporarily absent. One quit riding to work on his new house, and another left to race in the east. Our rides quickly deteriorated. Maybe a guy or two would slip through a light just before it turned red, then look back and see the distance "gained," and decide to try to stay away.

And maybe then a couple of other guys would give chase, and two or three more would take off after them. That would generally be enough to string out the whole group and ruin the ride. The people who hadn't chased or who hadn't even felt warmed up yet got discouraged at the sudden disappearance of their training ride. The escapees rode hard but raggedly and learned nothing. The chasers who caught learned nothing, and the chasers who didn't catch gave up in disgust and oxygen debt.

Numbers at the starts of the runs began to dwindle. People started to speak disparagingly of "the ride." Separate smaller groups sprung up, leaving 15 minutes earlier or later, or doing the ride route backwards. I heard the grumbling and saw the rides, which had gone on for years, falling apart.

I caught Bob right after closing at his shop. He nodded his head as I told him about our problems, as if he'd heard stories like them before. He said he'd do what he could.

Next morning Bob turned out in front of the shop for the ride. He counted the guys: only six.

"Six," Bob said. "We start with six; we finish with six."

## Editor's Note:

The fine book *Tales From The Bike Shop* is written by Maynard Hershon, California writer for *Bicycling*, *Winning*, and most recently, for *Velo News*. By special permission of the author, *Pedal Press* will reprint a few selected stories, when space is available. (To save scarce funds, we're trying to keep the newsletter to four pages.)

The book is copyright© 1989, sold at bike shops, bookstores (including J.W. Rollins and others in Kalamazoo) or can be ordered from the publisher, Vitesse Press, by calling 800-848-3747.

In a phone conversation with the author, he mentioned that *Our Rides*, the story we're starting this month, has its inspiration in true bike Club events. The words "We start with six, we finish with six" really were spoken.

I couldn't recommend the book more.

**Continued Next Month**

## KBC Phone Numbers

### President

Dave Patrick .....382-5818

### Vice President

Bill Watt.....349-9562

### Secretary

Harold Gleeves .....381-9753

### Treasurer

Jim Wyrick .....349-1744

### Race Team

open

### Ride Comittee Chair

open

### Social Director

open

### Database

Phil Caruso .....381-0135

### Newsletter

Marc Luoma .....731-2739

### Ride Line

Ann Johnson .....327-7767

## Help Wanted

RIDE CAPTAIN wanted by Kalamazoo Bike Club. Qualifications: ability to use a telephone and fill out a monthly calendar. That's it! Wages: none. Benefits: a vital, growing, FUNbike Club with lots of rides each week, and the gratitude of your fellow Club members. To start, call one of the folks listed to the left and talk about it.

## 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 Shop ....626-8860

Team III Schwinn .....962-7688

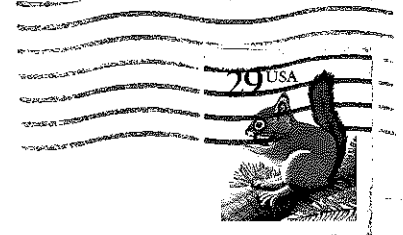
Village Cyclery .....679-4242

Vorncamp Bike .....344-3599

Weather Line ...382-8585 (3333)



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**Address Correction Required**

\*\*\*\*\* expire 95/01

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