

# Bikes and Government in Kalamazoo

The City of Kalamazoo's Environmental Concerns Committee (ECC) recently dispatched an ad hoc committee to look into bicycle related matters. Particularly the increasing bicycle / pedestrian / motor-vehicle related conflicts present on, and surrounding, WMU's campus, and the potential for the implementation of the US-DOT's recently released "National Cycling and Walking Study's 'Local Action Plan'" which recommends, in part, the organization of a bicycle/ pedestrian program. Those serving are: KBC members, Dave DeRight—Chair, Tom Small, and Ken Reid; Dave Brown, who assisted cyclists in the Al Sabo effort; and John Cooley, ECC member and committee liaison. After consideration of the US-DOT study, this committee has decided to request standing committee status as a "Bicycle / Pedestrian Advisory Committee" under the ECC and, so far, has received their support. The committee is now in the process of drafting it's purpose and bylaw documents for the ECC's review. If all goes well, the City of Kalamazoo will soon have an established and active citizen conduit for input on bicycle and pedestrian related matters. The committee meet's on the first Wednesday of each month, at 5:30 pm, in the City Hall's 2nd floor Conference Room. Feel free to stop in for a visit, make suggestions, voice concerns, or whatever. Perhaps even consider serving yourself, now, or in the future?

ments and agencies, and coordinated by paid KATS staff. The "Technical Committee" consists of engineers, planners, department heads, and special interest groups as non-voting members—us; the "Policy Committee" consists of elected government officials who make the final decisions. KBC has recently responded to a request by KATS to designate two club members to the KATS technical committee to represent bicycle interests and amended their bylaws to facilitate this accommodation. Presently, Dave DeRight, and Dr. Richard Taylor, as an alternate, have agreed to serve and report back to KBC. The KATS technical committee has also dispatched a sub-committee to do the bicycle component of the LRP with several local cyclists involved. Because of time constraints the committee is proposing that KATS, at first and within a couple of a months, will submit an abbreviated plan to M-DOT, have a public hearing, and keep this sub-committee at work for a more in-depth and detailed plan three years hence. Open communication is critical to this process, and as Club meeting time permits, we will do our best to keep you all informed and seek your input. For now, feel free to contact Dave DeRight, at 381-2678, or e-mail Dave, at [davedbike@aol.com](mailto:davedbike@aol.com); or Richard Taylor at 329-1108. Your written comments or suggestions would be very helpful and are encouraged. Mechanisms for more active involvement also exist, so feel free to contact them.

## ISTEA Implementation Update

For your info, the Kalamazoo Area Transportation Study (KATS), the area's Metropolitan Planning Organization, is currently drafting the bicycle component of their "Long Range Plan" (LRP) required of the Intermodal Surface Transportation Efficiency Act of '91 (ISTEA). This plan is to be updated every three years and the League of Michigan Bicyclist's has worked very hard to help organize local cyclists in this effort. This is an overview of what's currently happening with the plan, starting with some background. KATS was set up to oversee federal transportation spending and consists of two main committees representative of all local participating govern-

### In This Issue

<b>Bicycle Transport Committee .....</b>	<b>3</b>
<b>City of Kalamazoo Bicycle Policy ....</b>	<b>1</b>
<b>Classifieds .....</b>	<b>3</b>
<b>Cycling Humor .....</b>	<b>3</b>
<b>Greg LeMond Retires .....</b>	<b>2</b>
<b>ISTEA Implementation .....</b>	<b>1</b>
<b>Membership Information .....</b>	<b>2</b>

# Greg LeMond Retires

## Thanks

... to the following people and businesses:

- **Kathy Barrett and John Hosley (Bulk Mailing)**
- **Marc Luoma (for volunteering to be newsletter editor again this year)**
- **Local Bike Shops for donating raffle prizes for the Christmas party:**
  - Alfred E. Bike**
  - Billy's Bike Shop**
  - Breakaway Bicycles**
  - Milwood Schwinn**
  - Village Cyclery**

By Tim Maloney

December 3 marks the end of an era in American cycling. At a press conference at the Century Plaza Hotel in Los Angeles today, Greg LeMond announced his retirement from the sport of competitive cycling.

LeMond, a 3-time Tour de France winner, 3-time World Champion, and arguably the greatest cyclist America has ever produced, has been definitively diagnosed with mitochondrial myopathy, a muscle disorder.

As LeMond's race performances continued to deteriorate over the past two seasons, his measured physical ability did too. For example, LeMond's exercise physiologist, Dan Zieman, found that Greg's Maximum VO2 had decreased 30% between February and July of 1994. It became clear that something was physically wrong with the 33-year-old American racer. Lead poisoning from pellets remaining from a gunshot wound suffered in a hunting accident in 1987 has been suspected as a factor, and may have something to do with LeMond's problems.

In August of this year, after dropping out of the Tour de France and returning to the U.S., LeMond's physician, Dr. Rachel Taube of Minneapolis, Minn. ordered a muscle biopsy for Greg as one in a series of tests. After examination under the electron microscope, LeMond's biopsy indicated that he was affected with mitochondrial myopathy. This condition includes a pathologic change in the appearance of the muscle mitochondria. Mitochondria is the part of the muscle that is responsible for energy production by producing a substance called ATP, without which muscle contraction cannot occur. Dr. Taube stated that LeMond's condition was an exceedingly rare disorder and had never been seen before in a healthy person. Mitochondrial myopathy more typically occurs in pediatric patients, but in LeMond's case, the adult form of the condition allows a good prognosis for Greg's future.

LeMond said he would miss the thrill of competition, but it was time to make a change in the direction of his life and retire from

cycling. He thanked his wife Kathy, his first coach Eddy B, Cyrille Guimard (his French directeur sportif from his days on the GITANE team), and Jose de Cauwer (his ADR directeur sportif who guided his comeback in 1989). He also saluted his long-time soigneur, Otto Jacome, and mechanic, Julien DeVries. LeMond didn't mention his father, Bob LeMond, nor his Z/GAN directeur sportif, Roger Legeay. In fact, he singled out the GAN team for its lack of support over the past two years.

LeMond said he would have preferred to retire after the '96 Olympics, but couldn't continue in his present condition.

LeMond's physical condition is still good, although he can no longer perform as a world-class athlete. He has a long ski trip planned this winter, as well as fly fishing, more involvement with his bike company, and more time with his family.

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## Membership Note:

Since January is the renewal time for many of the club members, it was mentioned that all current club memberships expire. The actual expiration date is printed on your mailing label. The KBC membership is the 'rolling' type and so if you choose to renew at the beginning of the year your expiration date will be one year later than the date on the printed label.

# Kalamazoo Area Transportation Study Bicycle Transportation Planning Committee Goals and Objectives

"To satisfy Federal ISTEA planning requirements, the MPO [Metropolitan Planning Organization—KATS] has dispatched this committee to complete the bicycle planning component of the local Long Range Plan" [within Kalamazoo County]. Recognizing the potential role of bicycling in the overall transportation picture, and with the current budget and time constraints, this planning process will be abbreviated and further developed over the next three years. The basic

objective is to incorporate bicycle needs and considerations in the development of an efficient and intermodal transportation system. At this time, this will include only roads eligible for federal funding" [most main roads]. "We will be encouraging and coordinating linking efforts between all participating agencies. We will provide direct and continuous bicycle transportation routes with selected high use destinations." [providing bicycle friendly roads would be plenty—12ft outside lanes, minimum, e.g...]

## YOU KNOW YOU'RE LIVING WITH A CYCLIST WHEN:

10. There's a bike in your dining room.
9. The favorite TV station in your house is the Weather Channel.
8. There is leg hair in the bathtub, and you know it's not yours.
7. You find pieces of Saran Wrap in your washing machine.
6. Your kitchen has more pasta and bananas than a developing country.
5. You buy econo-sized Vaseline.
4. You've never seen Letterman, and all your friends know not to call after 9 p.m.
3. You know the difference between Schrader and presta.
2. You are seriously considering buying titanium futures.
1. He wants to wear his heart-rate monitor to bed.

Elaine Laprairie, Ann Adair, Jan Kendall  
Toronto, Ontario

### KBC Phone Numbers

**President**  
 Bill Watt ..... 385-4585  
**Vice President**  
 Mary Rass .....  
**Secretary**  
 Michele Cudahy ... 731-2739  
**Treasurer**  
 Dan Smith .....  
**Race Team**  
 Mike Teel ..... 344-7354  
**Ride Captain**  
 open  
**Database**  
 Phil Caruso ..... 381-0135  
**Ride Line**  
 Ann Johnson ..... 327-7767  
**Newsletter**  
 Marc Luoma ..... 731-2739

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### Classified

This space is open for Club members to post any items to buy, sell, or trade, riding companions wanted, upcoming events, personals, or other communications to other members. Best of all, it's FREE to KBC members.

### 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)

KALAMAZOO



BICYCLE CLUB

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### NOTICE:

Your membership expires with this newsletter. We need your continued support. Please renew now.