

## Letter from the President

It is my pleasure to introduce our new board and at the same time acquaint the membership with your new president. The new vice president is John Mathieson who has been a member of the club since 1987. He has been a ride captain in past years and works at the V.A. in Battle Creek where he is a social worker specializing in substance abuse. Teri Waldron is taking over my spot as Secretary. Teri is Health and Safety Director at Perrigo and has organized the annual Perrigo Run twice. Mike Higgins is taking over Dan Smith's position as Treasurer. Mike is a familiar face with the club. He leads a Monday night ride out of Texas Drive Park and was an integral member of the Flowerfest volunteer team. If you rode the tour and didn't get lost Mike is one of the people to thank for that! If you did get lost call him - NOT ME. Brian Clissold is returning as race team representative. Besides racing Brian is closing in on a degree in music from Western Michigan University in 1996.

I graduated from Secretary to President on November 21. That is when the general membership met to vote at Portage West Middle school prior to Wendy Ingraham's talk, which is featured in this newsletter. I am replacing a long time friend who, I believe, has done a very fine job as President. Bill Watt has a knack for bringing people together to have fun in a low key and comfortable way. It brings the best out of events but most of all makes it all appear very easy and it's not. I've benefitted from his organization of events and meetings and I plan to continue what he has put in place including his goal to increase membership. I've asked Bill to remain with the board *ex officio* and he has agreed to do so with some plans and goals of his own. The new board has

ideas and the energy to pursue new goals and we have already started. If you missed Wendy's talk you missed a gem. (By the way, Teri Waldron is responsible for getting Wendy to us.)

This is not the first board that I have served on. In 1990 and 1991 I served on the board of the Kalamazoo Children's Chorus when we organized their trip to Numazu, Japan. The trip required grant money, many sponsor and several volunteer events to raise money and organize a safe trip for 85 kids. The trip was a huge success and Numazu's children's chorus visited us the following year.

Over the next few months I will be making an effort to get to know as much of the membership as possible. I have already met many of you during volunteer efforts with Flowerfest, Spring Valley Circuit Race and the LBR (2 years). Watch the newsletter for events coming up during the off-season and look for an announcement for the holiday party which will be held in January.

I would like to take this opportunity to thank Dan Smith and Mary Rass for their hard work on the board this past year. See you next year.

Rose McKenna

### *Cross Country Skiing for KBC*

When the snow flies, weekly cross-country skiing outings would be a fun thing to do off-season. We could meet at 10:00 AM on Saturday mornings. The location is flexible--for example, Kellogg Forest or Al Sabo. It would be fun to have 3 to 4 day trips to Caberfae Ski Resort this year. Caberfae has miles of groomed trails which are clearly marked indicating the degree of difficulty. Call Brad Cosgrove at 372-9346 (eves) or 342-0173 (days) to indicate the time and location.

## *New Members*

Carol Carter  
Joe & Kate Stubelt  
Patti, Tom & Robby  
Zehner

## *December Birthdays*

Jack Berner  
Brian Clissold  
Charles Fuentes  
Paul Guimond  
Ann Johnson  
Mike Jones  
Mahesh Nallakatla  
Kimberly Post  
Wendy Popkes

# *Couch Cycling*

*by Axel Kleat*

You fledgling racers out there might want to consider other pursuits after reading Greg Moody's Two Wheels, a mystery thriller set against the European pro peloton.

For the protagonist, Will, the danger and challenges of the spring classics pale in comparison to the goings-on behind the scenes at his mythical team, Haven.

Will, who like author Greg Moody is a native of our very own Hickory Corners, is a washed up, over weight and burned-out perennial professional also-ran. His beer guzzling lifestyle is blown when his agent lands him a spot on the powerful Haven team, replacing the world's number one rider, a Frenchman whose death-by-explosion is a trifle suspicious.

Now why Haven, a French pharmaceutical giant, might hire Will, the pro peloton equivalent of yours truly, puzzles even our of-the-back protagonist. But he manages to sort out this and several other intriguing twists while suffering like never before, riding like never before and acquiring a love interest who'd rub anyone the right way.

This is not a novel about bike racing. It's a murder mystery. The fun is that it's written by someone that knows lots about professional cycling and weaves that knowledge into the fabric of the story.

In fact, one is left with the firm impression that Moody has spent a good deal more time on a bike than at the typewriter--not necessarily a bad thing. Most novels have their share of hoary cliches, but Two Wheels touts themes like good/bad, boy/girl, European/American and the evils of bad money pretty loudly.

The good guys are all in yellow

jerseys, the bad guys aren't fit to oil your chain and you never for a moment wonder who is who. A few more of the comprises of the real world would help the novel if not the cycling.

This books is written at a specific audience--cyclists, especially enthusiasts. It's great fun to read from that perspective but one is definitely left with the impression that a better mystery, if not a better fictional portrayal of the peloton, is in store once Moody gets a few more typing "seasons" under his belt.

Any serious cyclist will enjoy this book. Moody melds the murdering and the racing into a fine story that starts fast and builds to a furious sprint. That the Pulitzer Prize committee will be unmoved in no way detracts from the fun. Thanks to Deadly Passions Bookshop, 157 South Kalamazoo Mall, 383-4402, for making this fun read available to me, and to you.

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## *Bicycling & The Environmental Concerns Committee*

The City of Kalamazoo's Environmental Concerns Committee's "Bicycle Subcommittee" (a mouthful), is now meeting on the first Thursday of each month at 5pm in the 2nd floor conference room of City Hall. Current members are: Tom Small, Ken Reid, Maureen mead, John Cooley, Dave Brown and myself, Dave DeRight.

We are currently getting organized and meeting with various City staff encouraging bicycle planning and other issues and initiatives. We will be working with your Board and we hope to recruit and develop an advocate network to support bicycle improvements in the City. Feel free to drop by for a visit and we'll keep you posted.

## *November General Meeting Review*

Last month at our general meeting, we were charmed with the presence of two speakers in the field of racing: professional triathlete - Wendy Ingraham and professional downhill racer - Kirk Stockton. Thirty four people were present to hear a very informative one and one half hour long question and answer period that covered topics ranging from what do you eat to prepare for an ironman triathlon event to why has mountain bike racing taken over the bicycle racing venue. Wendy is originally from the Kalamazoo area and started her career in swimming; she then branched out into the triathlon field when her father dared her to attempt one. She has been racing professionally for about five years. Her resume of races is quite extensive and placing fifth in this year's Gatorade Ironman in Hawaii is only a small part of it. Kirk, on the other hand, has been racing for about fourteen years. He started out in road racing as a junior and discovered that he was quite competitive on a national level. He branched into the downhill mountain bike racing because he found out that he was much better than his competition. His resume, like Wendy's, is quite extensive with a strong showing in the Tour Dupont. According to Kirk, some of the reasons mountain bike racing has become so popular are because of the product promotion at the races and the race is more like a time trial so you can still compete even if you have a problem during the race. He spoke of the use of cross-training such as swimming to stay motivated or to keep in shape off-season. Wendy answered a question, "How do you train for the hot lava fields of Hawaii for an ironman event?" by replying, "I do my workouts in hot weather and make sure I have eaten properly during the training period. It is difficult to eat enough during hot weather but your body won't respond if there isn't enough fuel. Something else I discovered was a magnesium deficiency. I was cramping up during the run and when my magnesium intake was elevated the cramping went away." She discussed the use of heart rate monitors and their importance during training. She mentioned that she doesn't use it during a race

because she knows what her heart rate is from the training program. Both Wendy and Kirk endorsed the use of weight training during the off-season as a way to stay strong. Wendy stated that her diet includes red meat. She loves beef, such as McDonalds' hamburgers; however, she recommends a 40-30-30 program (40% carbohydrate, 30% protein, and 30% fat). They both stated that if they reduced their fat intake too much, they would feel weak during their training or a race. The bottom line is you need to become attuned to your body because everyone is different and what works for one individual doesn't necessarily work for another. Overall, this meeting was quite enjoyable and we hope to bring other speakers (like Wendy and Kirk) to future meetings.

Bill Watt

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## *Holiday Party*

This is the time of the year to have a party for the members and friends of the bicycle club. In years past, the KBC has held their Christmas party on a Saturday in December. We have decided to change the format and move the party to January to allow for more availability of locations to choose from and to accommodate those individuals who were previously committed to other Christmas parties during December. The party will be during the first couple of weeks in January with the location and day being announced in the January newsletter.

### **KBC Phone Numbers**

#### **President**

Rose McKenna . . . 382-4318

#### **Vice President**

John Mathieson . . . 329-0692

#### **Secretary**

Teri Waldron . . . . 344-2793

#### **Treasurer**

Mike Higgins . . . . 327-0387

#### **Race Team**

Brian Clissold . . . . 324-1153

Jim Wyrick . . . . . 349-1744

#### **Ride Captain**

Randy Putt . . . . . 649-1814

#### **Database**

Phil Caruso . . . . . 381-0135

#### **Ride Line**

Ann Johnson . . . . 327-7767

#### **Newsletter**

Terry Scahill . . . . 381-7676

Kathy Barrett . . . . 388-5045

### **Classified Ads**

Cannondale Super V 1000, full suspension, XTR components. Call Glenn days 337-6711, evenings 327-9544.

### **Frequently Called Numbers**

Alfred E. Bike . . . . 349-9423

Billy's Bike Shop . . . 665-5202

Breakaway Bicycles 349-5555

Milwood Schwinn . . . 3496384

Parchment Bicycle . . 343-8118

Portage Schwinn . . . 327-3393

Safety Cycle . . . . . 3817233

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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