



Pedal Press

The newsletter of the Kalamazoo Bicycle Club
July, 1995

1995 FLOWERFEST BICYCLE TOUR



This is the month when the Kalamazoo Bicycle Club is hosting its most important event of the year - The Annual Flowerfest Bicycle Tour. If you haven't been helping in any events (or riding on any of the club rides), this is the event for you. Some of the very ambitious club members will be helping on this tour as well as riding it.

The Flowerfest Bicycle Tour will begin and end at Kalamazoo Valley Community College (KVCC) on the corner of 8th St and 'O' Ave on July 23rd. We encourage pre-registration (until July 15th) and will accept day-of-event registration between 7:30 am and 12:00 noon at KVCC. The tour routes will be serviced until 4:00 pm however the Bryer Patch rest stop will be closing earlier. The Flowerfest Bicycle Tour will take place rain or shine.

The Flowerfest Bicycle Tour was designed to accommodate novice to experienced riders. The routes are 25K(15 miles), 50K(31 miles) and 100K(62 miles) in the south and western areas of Kalamazoo. The terrain is a mix of flat and gentle rolling hills with the 100K route having some challenging hills for the experienced cyclist. The support of our sponsors has enabled us to provide refreshing drinks, fresh baked goods, fruit and snacks to help fuel your depleted energy. One can enjoy the floral splendor at the Bryer Patch rest stop along the tour. Please use the enclosed pre-registration form and sign up to ride our bicycle tour.

The pre-registration fees are \$11.00 for individuals and \$27.00 for families, if post-marked by July 15th. Day-of-registration is \$14.00 for individuals and \$32.00 for families. The first 300 pre-registered riders will receive a free water bottle which has the Flowerfest Bicycle Tour design on it. The Kalamazoo Bicycle Club is a supporter of the League of Michigan Bicyclists (LMB) and some of the proceeds from this bicycle tour will be donated to the LMB to further the advancement of bicycling.

The T-shirts for this year's tour will have the new and beautiful red, purple and black floral design on the front. These 100% cotton Hanes Beefy-T's will be available in adult sizes of M,L and XL for only \$12.00. Since there will be a limited quantity available, it is recommended that one orders them through pre-registration.

Thank
You's go
out to the
following
People for
their
Leadership
and
Contribution

FFBT Volunteers:

**Dave Goldenberg
Libbie Wetters
Jeff Wetters
Rose McKenna
Teri Waldron
John Hosley
Clayton Gallap
Susie Baker
Mike Higgins**

Ride Leaders:

**Steve Vonderfecht
Brad Cosgrove
Randy Putt
Kathy Barrett
Harold Gleaves
Mike Higgins
Don Povendo**

June Ride Calander

Monday

There will be three ride leaders at the Monday Recovery Ride at Texas Drive Park. There should be a pace to suit all riding abilities, so come out and give it a try at 6:30 PM. Mike Higgins will lead a group for about 20 miles at 10-15 mph, Steve Vonderfecht plans to lead the 16-18 mph group for 20 to 25 miles, and Kathy Barrett will lead the 19+ mph group for 25 to 30 miles. These three ride leaders have agreed to lead this ride all season but will need substitutes once in awhile. We still need some volunteers to sub for Mike, Steve, and Kathy.

Wednesday

The Wednesday ride meets at Kalamazoo Central HS. This ride consists of two groups, the race group starting at 6:00 PM at 20++ mph (to Bloomingdale and back) and a 16-18 mph group for 25 to 30 miles starting at 6:30 PM.

The 16-18 mph group usually splits into two groups (an 18 mph group and 16 mph or less group). Call Brian Clissold at 324-1153 for details concerning the race group. Harold Gleaves and Don Provendo will share duties in July for the 16-18 mph group beginning at 6:30 PM.

Thursday

Brad Cosgrove is leading a ride on Thursdays from the Kalamazoo Valley Community College parking lot at 6:30 PM all summer. This ride will be approximately 25 miles at a pace of about 16 mph. So come on out and join Brad on Thursdays. If you have questions about this ride, call Brad at 372-9346.

Friday

Come join us on Fridays in the parking lot behind Billy's Bike Shop in Galesburg at 6:30 PM in May for the Tour deGull Lake. The pace will vary depending on who shows up. The route for this ride is well established, but maps are available.

The Sunday Family Ride

Family oriented rides are planned from Schoolcraft on Sundays in July (July 2, July 9, and July 30). The pace will be about 10-15 mph and the ride offers a good opportunity for parents and kids of all ages to get out and become more comfortable riding on the road and enjoy the camaraderie of other bicyclists. Safety and smart riding are priorities. The flat country and good roads with low traffic around Schoolcraft are ideal for this. There will be at least two, maybe three, 5-7 mile loops that will end near McDonald's or the ice cream place in Schoolcraft, so adults and kids can be "refueled". Riders have agreed to ride "sweep" so that no one is left on the road with mechanical or other problems. The rides will begin and end at Schoolcraft high school. Take Hwy-131 south to Schoolcraft. At the stoplight by McDonald's, turn left and go to 14th street. The school is on your right. Turn right on 14th street and right into the parking lot. Scheduled departure time on both days is 2:00 PM.

These rides will go only if the weather is good. The ride will be lead by Phil Caruso, Mike Higgins, and Steve Vonderfecht.

Also on Sundays in July meet at the parking lot behind Breakaway Bicycles at 5742 S. Westnedge in Portage at 9 AM for a 30-40 mile ride. The pace is generally 18-20 mph but the ride often breaks up into two ride groups with one group being slower than the posted pace. This ride will be lead by Bob Kennedy. This is a friendly group so come on out and give this ride a try. Thanks to Breakaway Bicycles for providing a meeting place for this ride.

July

July						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1						
2 The Sunday Family Ride 2:00 PM Schoolcraft Breakaway Bicycles 9:00AM	3 Monday Recovery Ride 6:30PM Texas Drive Park	4	5 Kalamazoo Central HS 6:00 PM 20+++mph 6:30 PM 16-18mph	6 KVCC 6:30 PM 16 mph 25miles	7 Tour deGull Lake Billy's Bike Shop Galesburg 6:30 PM	8
9 The Sunday Family Ride 2:00 PM Schoolcraft Breakaway Bicycles 9:00AM	10 Monday Recovery Ride 6:30PM Texas Drive Park	11	12 Kalamazoo Central HS 6:00 PM 20+++mph 6:30 PM 16-18mph	13 KVCC 6:30 PM 16 mph 25miles	14 Tour deGull Lake Billy's Bike Shop Galesburg 6:30 PM	15
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23 Flowerfest Bicycle Tour KVCC 7:30AM-4:00PM	24 Monday Recovery Ride 6:30PM Texas Drive Park	25	26 Kalamazoo Central HS 6:00 PM 20+++mph 6:30 PM 16-18mph	27 KVCC 6:30 PM 16 mph 25miles	28 Tour deGull Lake Billy's Bike Shop Galesburg 6:30 PM	29
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KBC Phone Numbers

President

Bill Watt 349-9562

Vice President

Mary Rass

Secretary

Michele Cudahy ... 384-9404

Treasurer

Dan Smith 388-5247

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

X90scahill@piglet.wmich.edu

New Members

Karen, John, Jenni, Jason &
Kristen Borgerding
Jeff & Linda Kozacki
Don, Sharon, Kristen and
Michael Schmidt

BIRTHDAYS IN JULY:

Steven Caudill
Dave DeBack
Harold Gleaves
Sherry Gordon
James Henderson
Don Povendo
Gary Schlender
Janet Teel
Steve Vonderfecht
John Winterburn

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

P.O. Box 50527

Kalamazoo, MI 49005

**BULK RATE
U.S. POSTAGE
PAID
KALAMAZOO, MICHIGAN
PERMIT NO 105**

**Address Correction
Requested**

*****expires 96/01
Phil & Jini Caruso
2301 Fairfield Ave.
Parchment MI 49004

Thanks for the Beautiful Flowerfest Bicycle Tour Design, Bill

The '95 Flowerfest design for the brochure, water bottles and T-shirts was made by KBC member, Bill Fischer. Although he was paid a modest fee, the job was much greater than he originally planned. We owe him a special thanks for his efforts and if you happen to see him on a club ride, give him an acknowledgement for a job well done.

Bill Watt, President

Message from the President

This is the month that our 4th annual Flowerfest Bicycle Tour takes the front page. It is probably the single most important event the club promotes in order to meet its expenses for the year. Please help the club by volunteering a couple hours of your time to support this event or if you have volunteered for other activities - riding the tour is also supporting the club.

The generous support of our sponsors has helped made the success of this tour possible. One way of saying thank you to our sponsors is through conducting business with them by making use of their services and products. Please say thank you to them!

KBC Board Update

We need to replace Michele Cudahy as Secretary of the KBC Board for the remainder of the calendar year. Michele moved to Columbus, OH on June 28th to take a new job at Chemical Abstract Services. Her contributions to the board over the last several months have been much appreciated. Good luck in your new location, Michele! Rose McKenna has expressed an interest in filling in for Michele's position for the remainder of the year. She will be voted in at the Monday Recovery Ride on July 10th. If anyone else is interested in running for the position please contact Bill Watt at 385-4585.

For Sale

Motobecane - Tandem
touring bike
Blue, 11 years old, 18
speed, excellent
condition, 3 year old
brakes, new derailleur.
\$800.00

Contact Sherry Gordon
383-4144

Yakima Rack- Pickup
Truck Rack
2 sets of Look Pedals -
black - non carbon 1
season, good condition.
Other misc parts.
Contact John Thome
668-2409

Captain For A Cannondale Tandem

Sherry Gordon is
looking for a tandem
captain to lead her on
expeditions. Sherry is
willing to work
through the Bike Club
or with an
adventurous person.
Sherry can be
reached at
383-4144.

For Rent

The Bicycle Club
has a bicycle case
available to rent.
Contact Bill Watt at
349-9562 for details.

RACE

TEAM

NEWS

Thank You...

We all owe a word of thanks to the following people for volunteering their time to help out the Race Team: **Brian Clissold** for serving as Team Captain and, as such, making a few hard decisions to better the team and to move it forward; **Rob Turner** for serving as Co-captain, and for sticking his neck out for us in the sponsorship department; **Jim Wyrick** for serving as Team Director, organizing the administrative end and for being "Mr. By-The-Book and No Exceptions". These people are helping all of us and their efforts serve as an example to all of us. Please give them a word of thanks, a PowerBar, a push up a hill whatever works but please let them know you appreciate their efforts.

Race Team Meeting Schedule

O.K. gang, you remember the rap on meeting attendance, right? Please mark the following meeting dates on your calendar:

Tuesday, July 11
Tuesday, Aug. 1
Tuesday, Sept. 5

All meeting are at Brian Clissold's house and begin at 6:30 p.m. Your attendance and help will assure that the team will have successful events this year. Call Brian Clissold or Rob Turner with questions.

Spring Valley Update

Planning for the KBC Spring Valley Circuit Race is proceeding quite nicely. Our event will be part of a two race series entitled Race West Michigan Weekend, with Spring Valley being held Saturday, August 12th, and the Grand Rapids Italian Fest Criterium on Sunday, August 13th. We now have Serotta Competition Bicycles as the sponsor of the weekend series. As a result of this sponsorship, all racers who compete in both events will be eligible to win a free 1996 Serotta Atlanta Concept road frame, which will be raffled off after the last race on Sunday. Serotta will then custom build this frame in the winner's size and color pick!

Title sponsor for the Spring Valley race is FOA's Parkstone Mutual Fund. A BIG thank you to Brian Barker at Parkstone for his continued support of the KBC Race Team this year. Other sponsors at this time include: West End Beverages, Breakaway Bicycles and Don Seelye Ford. We are still in need of about \$400 in sponsorship, so please call Dave Patrick at 382-5818 if you can help or if you have any suggestions. Please put August 12th on your calendar as we will be needing volunteers. See you at the races.

Help Wanted!

The KBC Race Team needs one or two members to step forward and act as directors of the Ft. Custer Little Big Race in September. This is a very important event and volunteers would be doing a great service to the team. It is imperative that we start planning this event ASAP so please give this some thought. You will have plenty of help and some of the leg work is already done. Call Brian Clissold or Rob Turner and PLEASE lend a hand.

RACE TEAM NEWS

This 'n That

Hey! Hey! Hey! The Race Team newsletter seems to be getting off the ground, finally! Sorry for the rough stuff the last few months. So much to do with so little time.....Please read through the enclosed Reimbursement Pool forms and take care of the necessary paperwork.....The Tour de France is coming up so place your bets. Tony Rominger again looks like a serious contender and he may be capable of giving Miguel a fair amount of grief this year. What about this Pantani guy? Watch ESPN for fairly decent daily coverage of the Tour. The N.Y. Times carries good daily summaries also.....Mtn. Bike Racers Unite! Call Kyle C. to coordinate a weekly training ride at Ft. Custer. Other ideas and suggestions for furthering mtn. bike efforts are welcome.....a tip of the bicycle helmet and a thank you to bike buddy Dave Hauschild for his help with the final layout of the team jersey. Two six-packs of energy drink were handed over in return.....Hey! Instead of fixing up Sutherland Field for a damn baseball team, why don't we get the city to build a velodrome there! Or maybe one at Spring Valley! K'zoo and Michigan need track racing big time, right Phil?.....remember to wear your jerseys in competitive events AND at any award ceremonies.....

The KBC Race Team Wants You!

The restructuring of the KBC Race Team is up and running, and we are still looking for new members interested in competitive cycling. The requirements are fairly straightforward: a rider contract, the purchase of a team jersey, and competition in a minimum of two cycling events per year. Your desire to compete is more important than your ability. We encourage everyone to get involved. Be forewarned though, gone are the days when you joined the team, got a jersey, and never participated in meetings or competed in races. As a team we are promoting two races each year and the contribution of members is vital to the success of each event.

Interested in becoming a member of our team? Interested in promoting and furthering competitive cycling in Michigan? Interested in becoming a better cyclist? Call Brian Clissold at 324-1153 or Rob Turner at 349-8040.

Attention All KBC Members Please Read Below.....

We need your help with our upcoming Spring Valley Circuit Race, if at all possible. In order to put on this event, we are in desperate need of a truck with an 18-24 foot enclosed bed. We will need the truck late afternoon on Friday, August 11th until early evening on Saturday, August 12th. The Race Team will pay for all gasoline used and return the vehicle clean as a whistle.

Another item we are frantically seeking are 100-125 hay bales that we can BORROW for the day of the race. We will gladly pick the hay bales up and return them at the conclusion of the race. We will also make payment for any bales that are broken or damaged.

Both of these items can take quite a bite out of our budget if we are unsuccessful in borrowing them. **Are you in a position to help us?** We would certainly appreciate anything you could do. PLEASE call Brian Clissold at 324-1153 or Dave Patrick at 382-5818. Thanks for your help!!

Pull Over and Show Me Your License

The KBC Race Team is a member of both the United states Cycling Federation and the National Off-Road Bicycle Association, and accordingly we urge you to take out a license with these organizations. The sport of competitive cycling needs a strong membership base to grow and remain strong, and your help is needed. We have membership applications available so do not hesitate to ask for one.

**Jerseys!
Jerseys!
Jerseys!**

Already being spotted at races throughout the midwest, the new 1995-1996 KBC Race Team jerseys are definitely here! These gold, green and red jerseys by Castelli have given a whole new look to our team and any Race Team member who has not picked up their jerseys should do so ASAP. Also be aware that we do have extra jerseys in most sizes on a first come, first served basis available to Race Team members in good standing for \$34 each. They are very limited in some sizes so act fast! Questions? Call Dave Patrick at 382-5818.

**RACE
TEAM
NEWS**

Frequently Called Numbers

Brain Clissold..... Team Captain	324-1153
Rob Turner..... Co-Captain	349-8040
Jim Wyrick..... Team Director	349-1744
Kal. Co. Mental Health..... 24-Hour Hotline	381-4357
Roto-Rooter.....	345-6000
Big Burrito.....	372-2442
Alfred E. Bike.....	349-9423
Breakaway.....	349-5555
Village Cyclery.....	679-4242

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presents

Win a FREE Serotta
1996 Atlanta Concept
Road Frame!

Race West Michigan Weekend August 12-13, 1995

\$4,000 prize list plus primes

Spring Valley Circuit Race
Michigan's Classic Road Race - Kalamazoo

Italian Festival Criterium
Racing with Italian Flavor - Grand Rapids

Call or Write for More Info:
616.382.5818
FWMW • P.O. Box 50527
Kalamazoo, Michigan 49005

RACE TEAM ROSTER

NAME	PHONE
John Brady	382-5272
Kyle Chisholm	383-3286
Brian Clissold	324-1153
Dan Ferrara	381-0922
Ken Fouts	629-5906
Mike Gapp	345-0150
Paul Guimond	349-2141
Mike Jones	385-0196
Chris Morley	979-1379
Kris Ouvry	323-3176
David Patrick	382-5818
Brett Pittman	388-5880
Terrence Scahill	381-7676
Gary Schlender	353-9426
Scott Steurer	383-6347
Mike Teel	344-7354
Janet Teel	344-7354
Rob Turner	349-8040
Bill Watt	349-9562
Sean Webb	344-8269
James Williamson	388-6151
Jim Wyrick	349-1744

Sandbagging 101

What's sandbagging you ask? It is the practice of deliberately entering a race category that results in your competing against other racers whose abilities are significantly below your own. And, believe it or not, there are a number of racers who practice this particular art. As a KBC Race Team member, we ask that you use some common sense in determining the proper category within which to compete. If you have been kicking butt quite regularly in a particular category, it is probably time to move up. How satisfying can a win be if you are racing against individuals below your abilities? And you are certainly demoralizing those behind you who have been striving for better results within this category. The idea is also for you to improve to the best of your abilities and this will happen best with you competing against racers similar to your abilities.

Thank You
to our
1995-1996
Sponsors:


PARKSTONE
MUTUAL FUNDS

 **FIRST OF AMERICA**
SECURITIES, INC.

 **THE BIG BURRITO**
THE HUNGER STOPS HERE!

Alfred E. Bike

ESTABLISHED 1972

BREAKAWAY
BICYCLES 

 **VILLAGE**
CYCLERY
SCHOOLCRAFT

Remember to ride safe. How about these new Mocha PowerBars? Good Groceries!

Jim Wyrick says "A&D Ointment has made a BIG difference in my life. I'm smiling again."