

KBC Pedal Press

The Newsletter of the Kalamazoo Bicycle Club, Inc.
January, 1996

1995 Recovery Party

It's time to ease into the new year with some ribs and libations at Damon's (Westnedge and Cork) on Sunday, January 21 at 4:00. The club will provide an appetizer buffet and their menu is open for dinner and drinks. Damon's specializes in ribs and is a favorite gathering spot for sports enthu-

siasts. They also cater to family entertaining. Some of the local bike shops are providing prizes to be raffled later in the evening.

So come out of hibernation and celebrate the old year and think about the spring rides to come with some good food and good company.



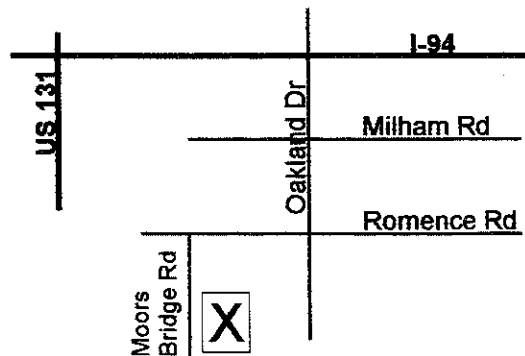
Sports Nutritionist to Speak

A sports nutritionist will speak to KBC members and the general public on Tuesday, January 9 at 7:00 in the choir room at Portage West Middle School. West Middle School is located at 7145 Moors Bridge Road (runs south off Romence between Oakland and Angling roads).

Brenda Stoddard is

a registered dietician with the V.A. Center in Battlecreek. She is a runner and is familiar with the interests of our membership and local triathletes. She will be focussing her presentation toward a competitive audience.

Join us for an informative evening, we will provide the refreshments.



Portage West Middle School
7145 Moors Bridge Road

Publicity Chair Sought

The KBC board is looking for an individual interested in obtaining publicity for club events.

This person would be responsible for establishing contacts with the Gazette and local radio and television stations and targeting local businesses which would provide advertising space (ie. bulletin boards).

This person would also inform the public of specific events and meetings, as well as acquaint the local area with information about the type of people involved in the club such as families, racers and touring groups.

Anyone who thinks they may be interested should contact Rose at 382-4318.

January Birthdays

Floyd Baker
Paul Banner
Deborah Bauer
James Buckert
Jini Caruso
Brad Cosgrove
Mike Cutler
Fred Doyle
Dan Ferrara
James Jaksa
Jean Kimmel
Martin Knop
John Mathieson
Scott Steurer
Mike Teel
Alta Wisley

U.S. MALE CYCLIST OF THE YEAR

Lance Armstrong

U.S. FEMALE CYCLIST OF THE YEAR

Julie Furtado

From the 8th Annual VeloNews Awards

The 35th annual

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210 miles ■ 6000 riders

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Paul

My first cycling mentor, Mike, introduced me to Paul twelve years ago. "Paul's a racer," Mike said in reverential tones. "Check out his spin."

I'd been riding again about a year after a fifteen-year hiatus attributable to teenage testosterone and the acquisition of a driver's license. Serious cycling was still a long ways off, but even my rudimentary knowledge of thighs, cranks and calves revealed that Paul spun the pedals at an amazing rate indeed. Maybe twice as fast as me. He'd be in his smallest gear and I'd be five or six gears higher and thinking about shifting up. Downhill, I'd coast but Paul would float by, legs ablurr.

I was shocked! Under no circumstances would my legs go that fast. I decided he was a freak of nature, and hastily rationalized that such leg speed served no useful purpose.

But experience teaches that one's opinions on occasion ought to be reconsidered in light of one's observations, and I noted with some asperity that Paul's legs spun the wheels substantially faster than mine. Paul was more than pleased to espouse the merits of spinning at the slightest opportunity, and to be honest, I found little ego

gratification in being dropped by a guy who, as far as I could tell, thought the big chainring was entirely ornamental.

Imitation is the sincerest form of flattery, and I resolved to do my best. I ignored the big ring. I made my offering to Phil Kreitler and painfully learned to stay upright on the rollers.

I coveted Paul's advice as my de-facto coach. I thought about spinning my feet in circles. I fiddled with seat adjustment, searching for more rpms. I slid my cleats to and fro.

I dropped my ankles and relaxed my toes, and ardently pulled up on the pedals. I shimmed the shoe of my short leg. I practiced pedaling one-legged.

I spun faster. I rode rollers no-handed. Sometimes without falling. Occasionally I'd hunt up Paul for a dose of humility.

The Cateye gods were consulted. Microchips, printed circuits and LEDs kept scrupulous track of my feet's flailing, and my gear selection was strictly by the numbers. Spinning became my obsession. The com-

by Axel Kleat

puter's cadence digits controlled my rides. I knew exactly how slowly my calves were cranking.

So I contributed to Mr. Campagnolo's retirement fund on the theory that shorter crankarms spin faster easier. And lo and behold. The Cateye dutifully proved me right.

But I found that more leg speed does not necessarily equal more road speed.

In the ensuing ten years, I tried most everything.

I gave up on

most everything, too. The Cateye went dead and I ditched it. The short crankarms languish in the basement awaiting short legs. The seat's where it feels right and I ankle when I think about it.

Amazingly enough, luck, divine intervention and thousands of miles did some good. The feet spun faster and, most remarkably, so did the bike. Ten years later I was proud to find that I could generally hang in the infamous Wednesday Night Ride.

There I was, one Wednesday I'll not soon forget, way out west of town in the middle of a double paceline doing

"I was shocked!"

... I decided he was a freak of nature."

E-Line

For those with a home computer and communications software, the club has set up an electronic ride line of sorts in conjunction with one of the local electronic bulletin boards. By calling 629-4395, Café Olivia in Richland, members can access a conference room at Café Olivia where the latest ride list will be kept in addition to our current ride line and notes about meetings. Messages can be left for the club.

When you sign on for the first time, be sure to mention you are a member of the Kalamazoo Bicycle Club. We will get 20 minutes of online time per day free, which is usually long enough to check listings and still have time for a game of Hangman. If you have any questions, contact John Methieson evenings at 329-0692.

A Hot Date

Many of you were no doubt glued to your saddles (ouch!) by my review of the road racing-based novel Two Wheels last month.

Paul, con't

maybe 28 miles per hour in the small chainring, pleased as punch about the entire situation.

I was on the windy side, rotating back in the line, as Paul drifted slowly by on the other side in the BIG RING. "Check it out, Paul," I wheezed, "I'm fi-

Now we have word that the author, Greg Moody, will arrive at Deadly Passions Bookshop, 157 S. Kalamazoo Mall, on Saturday, February 3rd, 1996 at 1:00 PM mostly to thank me for the review, and perhaps, meet the public and sign some books. Those of you clever enough to take my advice and read the book would likely be able to have it autographed.

-Axel Kleat

Bicycling Task Force

The KBC Board has approved establishing a task force on Bicycling Advocacy Issues. This group's mission is identifying a maximum of three advocacy-related issues and developing plans to address them. With current legislation supporting expansion of alternative forms of transportation, we need to develop a more active voice on these matters, especially at the local level. If interested, contact Dave DeRight at 381-2678, or Steve Vonderfacht at 329-0540.

nally spinning faster than you."

Paul, my mentor, the sultan of spin, glanced over and sized things up. "Your problem," he intoned in a voice which left no room for discussion, "is that you've got to learn to turn the big ring."

Classifieds

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347.

Frequently Called Numbers

Alfred E. Bike..... 349-9423
Billy's Bike Shop 665-5202
Breakaway Bicycles ... 349-5555
Milwood 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
Vomcamp Bike 344-3599
Weather Line ... 382-8585(3333)

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