

KBC General Meeting and Elections

A general membership meeting is scheduled for Sunday, November 10, 4:00 pm at Bell's Brewery (Kalamazoo Brewing Co.) 355 E. Kalamazoo Ave. Enter from Porter street. No agenda has been set. We will be meeting for the purpose of electing members to the executive board. Nominations to date are: Joan Kramlich, Secretary; Mike Higgins, Treasurer; Rose McKenna, Vice President. All are incumbents. Dave DeRight and Gerry Blohm are running for President. Gerry is a frequent rider on the Monday night ride and regularly attended our off-season meetings. Dave is a member of our advocacy task force and is largely responsible for the recently awarded ISTEAs grant. Both are long term members of the club. Come out and join us for a relaxing evening and meet the new (old) board!

- Rose McKenna

Thanks to the Leaders

Wow, it's November and the road riding season has come to an end for most people. There will be no club rides scheduled during the evening until next Spring. Mike Higgins plans to host Saturday rides in November as discussed elsewhere in the newsletter.

October was a great month for riding. We enjoyed some nice weather and the color was beautiful. It has been a great summer for riding and I would like to thank the ride leaders once again for the great job they have done, especially those who lead rides for the entire season, Mike and Darryl Claffey, Charlie Fuentes, Mike Higgins, Rose McKenna, Randy Putt, Steve Vonderfecht, Richard Walter, and Jeff Wetters.

I would also like to thank Clayton Gallup, Don Povendo, and Jim Wyrick for the leading rides several rides during the season. If you have any ideas on how the club could improve the ride calendar for the 1997 ride season, please feel free to contact me.

- Randy Putt

Upcoming Events...

November

10 General Membership Meeting, Bell's Brewery, 355 E. Kalamazoo Ave., 4:00 PM.

Classified

Austro-Daimler team frame, late 70's, red w/gold accents, 56 cm, campy drop outs. \$300. Call Scott at 344-5046.

Portage Ride a Big Success

On Sunday Oct 13th the KBC and the City Of Portage co-hosted a ride using one of the City's Bikeway routes. The weather was ideal for a family ride and while we had hoped to get at least 100 people, we had 185 registered riders! The route covered 9.3 miles of the Portage Bikeway and while not a long ride by club standards was well received by participants. The City supplied the sag stop at the end of the ride and Breakaway Bicycles provided repairs and support. Borgess Health Alliance also provided assistance at registration and with the use of their facility. Barry Bacon and his Parks and Recreation Staff worked registration and set up cones and signs throughout the route.

With the positive response we had from riders and the City of Portage, this looks to be a ride that the Club should consider hosting again next year. It could bring not only visibility for the Club but also visibility for cycling and the needs of cyclists in an urban environment.

I would like to thank the many volunteers who took time to come out and help us organize manage the event. They include John & Shirley Winterburn, Bill Watt, Pat Frye, Mike Teel, John Brady, Jerry Blohm, Joan Kramlich, Leigh Smith, and Rose McKenna. A special thanks to Sally at Borgess Health Alliance is also in order.

- John Mathieson

Spring Valley Circuit Race Results

Spring Valley was again a part of the Race West Michigan Weekend, which also includes the Italian Festival Criterium put on by the Grand Rapids Rapid Wheelmen.

Racer turnout for the Kalamazoo race was 242 participants from eight states, Canada, and the U.K. This attendance will, most likely, position Spring Valley as the largest USCF event in Michigan for the second year running.

Race team members, other club members and many local Citizen category riders participated in the racing. Local road racing personality, Marty Minka, placed second in the Pro/1/2 race.

A highlight among the attendees was Karen Wick, the current US National Masters Road Race Champion. Racing in her Stars and Stripes jersey, Karen was quite competitive. The women's field was a respectable 16 in size drawing at least two riders from as far away as Colorado.

In the last race of the day, eighty-four riders, a new record, contested the Category 3/4 event.

Given the very sound balance of the Race Team's account within the club treasury, making a profit was not the main objective this year. Instead the Race Team opted to donate \$1750 to the total \$2250 prize list. The difference coming in the form of lap prizes donated by sponsors. This was a Team decision in support of our mission to promote and support road racing as a non-profit organization.

Serotta Competition Bicycles was again the main sponsor for the weekend, donating a 1997 Atlanta Concept road frame which was raffled at the conclusion of racing on Sunday. Other sponsors included: Breakaway Bicycles, Water Street Coffee Joint, Mall City Amulance, Clif Bar, Cachet Gems, Don Seeley Ford, Reynolds tubing, Finish Line, Michelin and Pearl Izumi.

Another key sponsor was Race Team member, Fred "no anchovies please" Doyle, and the local Subways for the food and labor they supplied in an effort to keep our race volunteers fed and watered.

The Race Team, as always, worked hard to put on a successful event under the capable guidance of Dave Patrick, race team member and designated promoter for the day. Dave's motto is "I kill myself so you don't have to."

Also the Team thanks the dynamic duo of Skip and Diane Obermeyer, of the Rapid Wheelman, for their help with so many aspects of the Race's continued smooth execution.

Finally, the Team members extend their sincere thanks to those members that gave their valuable time to marshall the course and tend to other aspects of administration.

The Little Big Race Results

The Little Big Mountain Bike Race was another KBC Race Team success. The race was blessed for the second year running by beautiful weather. Thus, despite some unexpected cost overruns for medals and postal fees, the race still cleared a few hundred dollars. Most importantly, from a racer's perspective, racers were quite pleased with the day's racing. There were no serious crashes. Brian Clisold, the Race Team's primary organizer, added a new wrinkle to the old course by running it in reverse of the usual direction. This had the desired effect of making the playing field a bit more level between local riders and out-of-towners.

Local strong men John Meyers took second in the Pro/Elite category followed by Dan Gillespie in third.

This year's sponsors were numerous thanks to Brian's hard work: Bell's Brewery, Mall City Ambulance, Cachet Gems, Velocity Components, Alfred E. Bike, Billy's Bike Shop, Breakaway Bicycles, Cycle Works & Sports, Milwood Schwinn, Parchment Bicycle, Portage Schwinn, Pro Sport, Team III Schwinn and Village Cyclery.

Another offering of hardy thanks go to Fred "hold the mayo" Doyle and his Subways submeisters for feeding the volunteers. As usual for the event, we were ably assisted by the DNR Park Staff in advance, and on the day of the race with various park services. And lest we forget to mention -- a big thank you to the MMBA, and their trail maintenance efforts, without which the course's trails would not be consistently rideable. In fact, without them, the park might well not be available for mountain bike use at all!

The event would simply not have been possible without the generosity of the general club members who gave their time to work the event. The Race Team thanks you for a successful 1996 event schedule!

- John Brady

Summary Report of Checking Account 10/1/95 Through 10/16/96

INCOME/EXPENSE INCOME		LAB-Membership Dues	-55.00
KBC General Income:		LMB Meeting	-75.00
Bike Case Rental	+30.00		
Club Jerseys	+30.00		
Total KBC General Income	+60.00	KBC Meeting Expenses:	
Membership Dues	+1,901.00	Food	-20.22
Postage Refund	+398.72	Holiday Party	-262.30
U.S.C.F. Refund	+25.00	Room	-62.00
Income - Other	+23.66	Speakers fee	-150.00
TOTAL INCOME	+2,408.38	Meeting Expense - Other	-85.38
EXPENSES		Total KBC Meeting Expenses	-579.90
1995 FlowerFest:		Membership Brochures	-83.12
Refund for Ride Insurance	+153.00	Party gift	-27.15
Total 1995 FlowerFest	+153.00	Phone bills	-8.93
1995 Little Big Race Meeting Expense	-13.83	Insurance for Portage Color Tour	-100.00
1996 FlowerFest:		Postage:	
Add in LMB Calendar	-267.00	Newsletter	-92.48
Big Joe's	-455.00	Postage	-398.72
Brochures	-1,166.80	Postage - Other	-404.36
Castelli Publications	-80.00	Total Postage	-895.56
Donation to 1996 FFBT	+804.23	Printing	-0.45
Food	-14.00	Race Team Expenses:	
Ice	-41.71	General Expenses	-26.15
Insurance	-267.00	Grattan	-350.00
K.V.C.C. Site R	-114.00	Jerseys	+34.00
Portoilets	-130.00	1995 LBR Race	-292.87
Preregistration	+1,470.00	Meeting Expenses	-8.48
Printing	-32.12	Membership fees	-25.00
Registration	+2,937.00	Phone	-4.61
Room Rental	-10.00	Postage	-6.40
T-shirts	-1,067.95	Race Team Expenses	-2.23
Water Bottles	-562.30	Reimbursements for race team	-335.00
Wrist Bands	-75.96	U.S.A. Cycling Membership	-130.00
1996 FlowerFest - Other	-82.49	Race Team - Other	-49.92
Total 1996 FlowerFest	+844.90	Total Race Team Expenses	-1,196.66
1996 Little Big Race:		United Way Room Rental	-10.00
Add in Western Herald	-97.00	Spring Valley-1996:	
Brochures:print & mail	-522.57	Announcer	-160.00
Cash box	-300.00	Canopy Rental	-61.80
Fun Promotions	-500.00	Cash Box	-200.00
Medals	-896.48	Cash for Lap Premiums	-140.00
Membership dues	-110.00	Chief Judge	-60.00
NORBA	-75.00	Chief Referee	-80.00
Portable Toilets	-130.00	Donations	+500.00
Prize Money	-575.00	Event permit fee	-135.00
Race Official	-125.00	Expenses	-358.55
Registration	+3,981.00	Food for Spring Valley	-50.00
Timing System	-122.00	Gas	-17.50
1996 Little Big Race - Other	-51.78	Ice	-10.09
Total 1996 Little Big Race	+476.17	Meijers-Misc.	-95.81
Advocacy donation	-250.00	Midwest Cycling News	-250.00
Club Stationary	-15.90	PA	-330.00
Photo Copies	-16.06	Petty Cash	-70.02
Incorporation Costs	-25.00	Phone bills-Long distance	-202.06
Insurance for the club	-200.00	Portable Toilets	-195.00
KBC General Expenses:		Postage	-797.44
Banner	-254.40	Printing	-4.00
Canopy	-177.48	Printing-Brochures	-260.00
Incorporation Papers	-5.00	Prize check cashing	-45.00
Water for rides	-80.85	Prize Money	-2,110.00
KBC General Expense - Other	-147.47	RapidWheelmen	-200.00
Total KBC General Expenses	-665.20	Refund postage RapidWheelmen	+161.54
KBC News Letter:		Registration	+3,856.00
Newsletter	-1,235.43	Rider Insurance	-517.00
Reimbursement (Postage)	+159.11	Safety Officer	-157.50
KBC News Letter - Other	-85.00	UPS Costs	-12.90
Total KBC News Letter	-1,161.32	Spring Valley-1996 - Other	-351.97
KBC Phone	-268.61	Total Spring Valley-1996	-2,354.10
		TOTAL EXPENSES	6,527.72
		TOTAL INCOME/EXPENSE	-4,119.34

Summary of Kalamazoo Bicycle Club expenses from 1 October 1995 to 16 October 1996.

The financial health of the club is good. As of 16 October 1996 there are \$11,088.73 in assets. Checking = \$ 3,558.21, Saving Account = \$ 7,530.52

There are virtual General Club and Race Team accounts.

General Club Account:

FlowerFest Made \$ 844.90
(The 1996 FlowerFest has an outstanding charge of \$267

The General Club account spent \$ 787.48 more than it took in.

Race Team Account:

Little Big Race made \$ 476.17

The race team decided to not seek sponsorship to fund Prize Money for Spring Valley. This lead to a loss of \$ 2,354.10 for Spring Valley.

The Race Team also had other expenses of \$ 1,271.66.

The Race Team account had a net lost of \$ 3,218.42

The net loss to the club was \$ 4,119.34

The Club did not intend to have such large losses; however, as a non profit we can not continually grow our accounts.

The Club accounts are summarized in Quicken, and copies of the complete transaction log are available upon request.

CHECKING ACCOUNT 10/ 1/95 - 10/16/96	
BALANCE AS OF 10/16/96	+3,558.21
TOTAL INFLOWS	+16,774.60
TOTAL OUTFLOWS	-20,893.94
NET CHANGE	-4,119.34

SAVINGS ACCOUNT 10/ 1/95 - 10/16/96	
BALANCE AS OF 10/16/96	+ 7,530.52
TOTAL INFLOWS -INTEREST	+108.44
TOTAL OUTFLOWS	0.0

TOTAL CLUB ASSETS	
AS OF 1 OCTOBER 1995	
CHECKING ACCOUNT	+7677.55
SAVINGS ACCOUNT	+7422.08
TOTAL	+15099.63
AS OF 16 OCTOBER 1996	
CHECKING ACCOUNT	+3,558.21
SAVINGS ACCOUNT	+ 7,530.52
TOTAL	+11088.73
NET CHANGE	-4,119.34

GENERAL CLUB VIRTUAL ACCOUNT	
Total KBC General Income	+60.00
TOTAL INCOME	+2,408.38
Total 1995 FlowerFest	+153.00
Total 1996 FlowerFest	+844.90
Advocacy donation	-250.00
Club Stationary	-15.90
Photo Copies	-16.06
Incorporation Costs	-25.00
Insurance for the club	-200.00
Total KBC General Expenses	-665.20
Total KBC News Letter	-1,161.32
KBC Phone	-268.61
LAB-Membership Dues	-55.00
Total KBC Meeting Expenses	-579.90
Membership Brochures	-83.12
Party gift	-27.15
Phone bills	-8.93
Insurance for Portage Color Tour	-100.00
Postage	-895.56
Printing	-0.45
United Way Room Rental	-10.00
Savings Account interest	+108.44
NET CHANGE	-787.48
BALANCE AS OF 16 OCTOBER 1996	+6193.05

RACE TEAM VIRTUAL ACCOUNT	
BALANCE AS OF 1 OCTOBER 1995	
	+8,115.10
Total 1995 Little Big Race Meeting Expense	-13.83
Total 1996 Little Big Race	+476.17
LMB Meeting	-75.00
Total Race Team Expenses	-1,196.66
Total Spring Valley-1996	-2,409.10
NET CHANGE	-3218.42
BALANCE AS OF 16 OCTOBER 1996	+4896.68

I'm Cool

by Axel Kleat

Dressing for cold weather riding is a complicated business.

Old wives' tales (presumably from wives who once rode bicycles) abound: if your feet—or hands—are cold, put on a hat; dress in layers; protect your extremities; wear tights below 65 degrees; eat your vegetables.

One great truism, though: what really matters is whether you're warm ten minutes *after* the ride starts—if you're warm when you start out, you're overdressed.

Over the years, I've gotten pretty scientific about dressing for those beautiful-but-40-degree kinds of days. I've wriggled my way into as many as twenty pieces of clothing for a ride. And still frozen my poor little tush. At least it's scientifically frozen.

Lately I've been working on a factor to relate the amount of extra clothing I wear on a ride to additional miles traveled, compared to days when shorts and a jersey are enough. The formula's tricky because all those clothes make it harder to ride due both to weight and general constriction of body parts. What's more, I figure all that dressing and undressing must be worth a few miles too.

Besides, I figure that just getting out the door with bike in hand and good intentions ought to be worth five miles, easy.

Sometimes I wonder if it's worth it, since I'm still home in an hour and a half, tops, once the real cold stuff gets here. But then I figure I get an extra half hour of good aerobic exercise convincing my body to fit into—and especially pop back out of—all that lycra.

Keeping warm on the bike is one thing, keeping warm afterwards is something else entirely. No matter how perfectly I dress for those cold rides, no matter how thermally high tech I layer on the lycra, the drop in my heart rate is much too close to the drop in my body temperature.

When the ride's over this time of year, I yearn for a hot tub or sauna *right now*.

But I don't have one, and even if I did, I'm not sure that it'd be a good thing to hop in with all that high-tech stuff all over me. Yup, gotta get all that damp lycra off. The wiggling, the stretching, the pulling and groaning can go on interminably.

Especially when the whole process is complicated by cold, stiff fingers that have no feeling or grip, but do shake involuntarily very well indeed. At least all the contortions generate a glimmer of body heat.

Maybe I'm not the only one to ruin fancy biking attire trying to break free of it faster than my semi-frozen nerves will allow. At least I hope I'm not.

Eventually though, I reach the true reward of cold weather riding—the hot shower. I get stuck in there for hours, it seems, running the water at a trickle so it lasts longer.

No doubt about it, cold weather riding can be hard on the utility bills, the wallet, the lycra, the nerves, and the bike. Beats the Hell out of riding indoors, though.

November KalHaven Trail Ride with Cider & Donuts

On 2, 10, 16, and 24 November there will be a ride on the KalHaven Trail. The plan is to meet at the trail head at 12:00 PM, groups will form up and ride out on the trail or road. At 1:30 to 2:00 we will all meet back at the trail head and tailgate with cider and donuts. Donations will be accepted to defray costs.

These rides are designed for families, novice to casual riders, and Hammer Heads. Call Mike Higgins for details or to lead a group, 327-0387 (H) or 833-1831 (W).



KALAMAZOO BICYCLE CLUB
 P.O. Box 50527
 Kalamazoo, MI 49005



ADDRESS CORRECTION REQUESTED

Expires: 97/01
 Phil & Jini Caruso
 2301 Fairfield Ave.
 Parchment MI 49004

KBC OFFICERS

President: Rose McKenna 382-4318
 Vice President: John Mathieson 329-0692
 Treasurer: Mike Higgins 327-0387
 Secretary: Joan Kramlich 323-5343
 Race Team Representative: John Brady 668-3878

OTHER IMPORTANT NUMBERS

Database Manager: Jeanette Holm 385-5052
 Newsletter Distribution: Clayton Gallup 375-0265
 Newsletter Editor: Kathy Barrett 388-5045
 E-Mail barrettkl@aol.com
 Ride Captain: Randy Putt 649-1814
 Resident Curmudgeon: Axel Kleat Unlisted
 Ride Line: Ann Johnson 327-7767
 Weather Line: 385-2121

KALAMAZOO AREA BIKE SHOPS

Alfred E. Bike 349-9423
 Billy's Bike Shop 665-5202
 Breakaway Bicycles 324-5555
 Cycle Works & Sports 353-7615
 Milwood Schwinn 349-6384
 Parchment Bicycle 343-8118
 Portage Schwinn 327-3393
 Pro Sport 381-7233
 Team III Schwinn 962-7688
 Village Cyclery 679-4242
 Vorncamp Bike 344-3599

KALAMAZOO BICYCLE CLUB MEMBERSHIP APPLICATION

Dues (Check One)

- Adult Membership \$15.00
- Family \$17.00
- Senior (60+) \$13.00
- Youth (17 or younger) \$13.00

Please Print

Name _____
 Address _____
 City _____ State ____ Zip _____
 Phone _____ Birthdate _____
 E-mail _____

Family Member Names Birthdates

Signature _____
 Parent's Signature (if under 18) _____

Interested in working on KBC Events? Yes No
 Registered Racer: USCF NORBA

SEND TO: KALAMAZOO BICYCLE CLUB, PO BOX 50527, KALAMAZOO MI 49005