

KBC February Meeting

HURRY! Make your RSVP to attend the Massage demonstration at the Kalamazoo Center for the Healing Arts (KCHA), 3715 West Main in Kalamazoo on Sunday, 18 February, 1996 at 2:00 PM. Sharon Cupp will host a therapeutic massage demonstration.

This is a repeat of a hands-on demonstration that they did for the KBC last year. Everyone that was able to get there on a snowy evening raves about how much they loved the demonstration.

KCHA requires that we have a minimum of 12 people in attendance (no maximum). If we do not get a minimum of 12 people, we will have to cancel. So, reserve your place today. Call Mike Higgins at 327-0387. Mike's phone machine is a little flighty so speak slowly and call back if it cuts you off.

- Mike Higgins

KBC needs Sponsors for the FlowerFest Tour

We need to line up our sponsors for the FlowerFest tour within the next few weeks. The selling points to being a sponsor are that ~400 local riders will display the logo on the tour t-shirts and they can have an insert (advertisement) put in the tour packet.

Sponsors can contribute goods, services or money.

If you would like to be a sponsor or know someone that would like to be a sponsor or have a suggestion, please call Rose McKenna, 382-4318.

Upcoming Events...

February

- 1 **City of Kalamazoo ECC's "Bicycle/Pedestrian Sub-Committee"** City Hall 2nd floor conference room, 5:00 PM.
- 3 **Greg Moody's *Two Wheels Book Signing***, Deadly Passions Bookshop, 1:00 PM.
- 15 **Kalamazoo Area Transportation Study (KATS) "Technical Committee"**, Kalamazoo County Road Commission Offices, 9:30 AM.
- 18 **KBC February Meeting**, Kalamazoo Center for the Healing Arts, 2:00 PM.
- 20 **Kalamazoo River Valley Trailway Steering Committee**, Stryker Center, 6:30 PM.
- 24-25 **CABDA Midwest Consumer Bicycle Show**, Rosemont Convention Center, Rosemont, IL; (708) 202-0696.

March

- 2-3 **Winterbike**, Lansing, MI.
- 20 **Scott Tinley**, location and time to be announced.

1996 Cross State Rides

DALMAC, PO Box 219, Haslett MI 48840-0219; (517) 339-1758.

Detroit Free Press Michigander, July 21-26; Michigan Chapter, Rails-to-Trails Conservancy, 913 W. Holmes Rd., Ste. 145, Lansing, MI 48910; (517) 393-6022.

PALM (Pedal Across Lower Michigan), June 23-29; PO Box 7161, Ann Arbor, MI 48107; (313) 665-6327.

Shoreline Bicycle Tours, (3 tours) shoreline East & Shoreline West August 4-10, shoreline North - August 11-17; League of Michigan Bicyclists, PO Box 16201, Lansing, MI 48901; (313) 379-BIKE.

The Great Ohio Bicycle Adventure, June 16-22; GOBA, PO Box 14384, Columbus, OH 43214; (614) 847-TOUR.

Spring Rides Just Around the Corner

The weather isn't Spring-like yet, but Spring is just around the corner and that means it's time to begin thinking about riding outside again. The KBC holiday party was held on Jan 21 and in a weak moment I did it again. I volunteered to be ride leader. Thus, it is time to begin the annual hunt for ride leaders for the coming riding season. KBC had a great group of ride leaders last year and the rides were successful. If anyone is interested in leading rides this year, please give me a call. You do not have to wait to be asked. No experience is necessary, just the willingness to ride with a great group of people who enjoy riding their bikes.

The Club is planning to continue the popular Monday, Wednesday, and Friday rides. I am open to suggestions for additional and/or alternative rides. The Monday Recovery Ride at Texas Drive Park will provide three ride leaders which should provide a pace to suit riders of all abilities. The Wednesday ride meets at Kalamazoo Central HS. This ride consists of a 16-18 mph group. The Friday ride meets at Billy's Bike Shop in Galesburg for the Tour deGull Lake and the pace varies depending on who shows up. The route for this ride is well established so the ride leader job is easy. We do need ride leaders for all ride.

If anyone is interested in establishing a regular ride, road or mountain, or a one day ride at another time, please contact me. I would like to establish some regular weekend rides and would welcome any suggestions on types of rides, locations, and times that KBC members would be interested in. Details will be revealed in future newsletters.

Think about being a ride captain for a week, a month, the season, or any combination of the above. Please give Randy Putt a call at 649-1814 to volunteer or to get more information about being a ride leader. Hope to see you on the road soon, well, in a couple of months.

- Randy Putt

February Birthdays

Brian Betz
 Mark Bystry
 Dorothy DeDee
 Judy Gapp
 J. Michael Jacobs
 Terrance Scahill
 Gary Spykerman
 Kent Wabel
 Teri Waldron
 Mary White

CLASSIFIED

Yakima rack (two bikes) for a car with rain gutters \$100, Giro Aero Head helmet, medium, never worn, \$40. Call Mike at 327-0387.

Giant mountain bike, 17" AT 740, \$150; Cannondale road bike 48 cm SR 800, \$250. Call Mike, (H) 383-2033, (W) 345-0510.

Roller training, call Bob at Break-away Bicycles, 324-5555.

**TIME TO RENEW?
 CHECK YOUR LABEL!**

THE LMB'S "WINTERBIKE"

First Weekend in March

Folks interested in Club Leadership issues and/or bike planning under ISTE A should set the weekend of March 2-3 aside for the annual gathering in Lansing. This year's workshops, co-sponsored by the League of Michigan Bicyclists and the League of American Bicyclists, should be a very informative event for both club leaders working to build the local bicycle organization and advocates working to bring ISTE A bike planning to fruition. Details of the weekend are forthcoming. Please contact any of your club leaders if you're interested in attending. Your email address, if available, would be very handy for forwarding information

- Dave DeRight

Guts

by Axel Kleat

*“Thanksgiving, Christmas,
parties, cookies, eggnog, beer.*

What’s a person to do?”

It takes guts to be a serious cyclist around here this time of year. I’m not talking about the strength of character required to churn those pedals up some hill the same approximate angle to vertical as a phone pole. And I’m not talking about the *cojones* necessary for banzai downhill.

I’m talking about guts—the kind that hangs out in front over your belt, on the sides around your kidneys and sometimes even sneaks down to further maximize your gluteus.

Hey, it’s hard to avoid putting on some pounds when cycling season falls prey to Old Man Winter. Suddenly, no more centuries, Wednesday night rides, Monday night “recovery” rides, or just plain after-work-stress-reducing rides.

All those rides add up to lots of miles, and lots of miles add up to lots of calories consumed. I don’t know about you, but I get used to eating enough to do all those rides. What’s more, I like it—lots. I like consuming carbos right after the ride when the “glycogen window” is open to restore my depleted reserves. I crave carbo loading before big rides. I have fantasies of food stops while riding. I dream of dinner while I’m spinning home. But most of all, I like eating lots and staying reasonably svelte.

But every year, it’s the same thing. All those beautiful centuries in September and gorgeous fall color tours in October. Then the wind shifts, daylight losing time begins, dark gray clouds roll in, and even short rides have me looking for a hot tub *plus* a hot meal.

All those cycling changes, but the appetite remains. What’s worse, suddenly there’s a lot of free time—time that was spent pedaling is now frustratingly empty. And close to the refrigerator, too. Then come the holidays... Thanksgiving, Christmas, parties, cookies, eggnog, beer. What’s a person to do?

Ride the trainer? Get serious! Can you honestly say that you can take more than forty-five minutes or so on one of those things? Rollers, turbo-trainers, computerized stationary bikes, who cares? After a couple “rides” on whatever the latest pseudo-cycle wonder-trainer

might be, boredom becomes terminal shortly after you break a good sweat. The same’s true for all the other fitness machines—treadmills, rowers, you name it. All together now—UGH!

What’s that you say? Listen to the radio? Get some foreign language tapes and spin to learn Swahili? Doing two things at once just means doing each half-assed. Not a solution.

There’s always running—until your joints rise up in revolt. And can you honestly say running’s anywhere near as much fun? No doubt you’ve noticed that the biggest difference between cyclists and runners is their facial expression.

Cross-country skiing’s a great workout, but we’re lucky to get two weeks of decent snow all winter. Swimming’s all fine and good, but the pool’s not always open, swimming uses different muscles, and it just doesn’t take the weight off.

Ever wonder what might happen if you actually stuck it out on the trainer? How your poor synapses might be rearranged by excessive trainer-trauma? The harsh reality is that several members of this very club have first-hand knowledge, and the awful truth can now be revealed.

These poor, damaged souls finally crack. The thought of a turbo-trainer becomes so repulsive that they’d actually rather risk death. The result: they ride—*outside*—all winter. They wear all sorts of silly looking clothes, strap on lights and reflectors, and brave the cold, the ice, the snow, and the cars with frosted windshields.

Some of these sorry souls claim astounding January or February mileage, but these reports go unverified since no sane person can be found willing to risk their good standing in the community by following these poor sots around.

At first I marveled that anyone—even those afflicted with terminal turbo-trainer trauma—could willingly engage in such seasonal self-abuse, but then I realized that they have one big thing in common with the rest of us this time of year. They’ve got guts.



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

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 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: Teri Waldron 344-2793

OTHER IMPORTANT NUMBERS

Membership Coordinator: Phil Caruso 381-0135
 Newsletter Distribution: Clayton Gallap 375-0265
 Newsletter Editor: Kathy Barrett 388-5045
 E-Mail..... barrettkl@aol.com
 Race Team: Brian Clissold 324-1153
 Race Team: Jim Wyrick 349-1744
 Ride Captain: Randy Putt 649-1814
 Ride Line: Ann Johnson 327-7767
 Weather Line: 382-8585 x3333

KALAMAZOO AREA BIKE SHOPS

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
 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

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