

Pedal Press



The Newsletter of the Kalamazoo Bicycle Club, Inc.

President's Letter

Thanks to all of you who made it to the Recovery Party this past January. Damon's put on a great buffet that helped warm up a wintry evening and the turn out was a good mix of seasoned club supporters and some new faces. Once again, some of the local bike shops provided us with some great door prizes which added to the fun. Thanks to Bob Kennedy from Breakaway, Jerry Wybenga, Portage and Milwood Schwinn and Doug Stephenson at Alfred E for their generous support. Some of our winners were Gary Schlender, clip on flashing safety light, Randy Putt, \$25 gift certificate and Dave Goldenberg won a kit with under seat pack, bottle and tire irons. Almost everyone went home with some nutrition bars.

Switching to upcoming events, six members of the club will be travelling to Lansing on March 2 and 3 to participate in LMB's Winterbike'96. The focus of these meetings is to assist clubs in areas of leadership, organization, volunteer efforts and long range planning. There are workshops in all the previously mentioned areas including newsletter, advocacy issues and bicycle safety. Those of us going will be organizing a car pool for both days. If you are interested in attending or would just like some information please call me. I will be happy to pass along what I know or put you in contact with someone at LMB for more information.

Lastly, spring is on the way. It falters on the way but we all know that eventually it HAS TO GET HERE! There are some hints that it is out there: the days are getting longer for one. In this issue Randy Putt has planned a preview of the upcoming season ride calendar and Brian Clissold has put together a ride/training schedule for the race team.

- Rose McKenna

Upcoming Events...

March

- 2-3 *Winterbike*, Lansing, MI.
- 13 *KBC March Meeting*, Portage West Middle School, 7:00 pm.
- 20 *Scott Tinley*, Lawrence Education Center at Borgess Medical Center, Kalamazoo, 5:30 - 7:00 pm.
- 21 *Flowerfest Volunteer Meeting*, Greater Kalamazoo United Way building, 709 South Westnedge, 7:00 pm.
- 24 *Fisk Knob Time Trial*, Kent County Park, Kent County MI, 1:00 pm.

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.

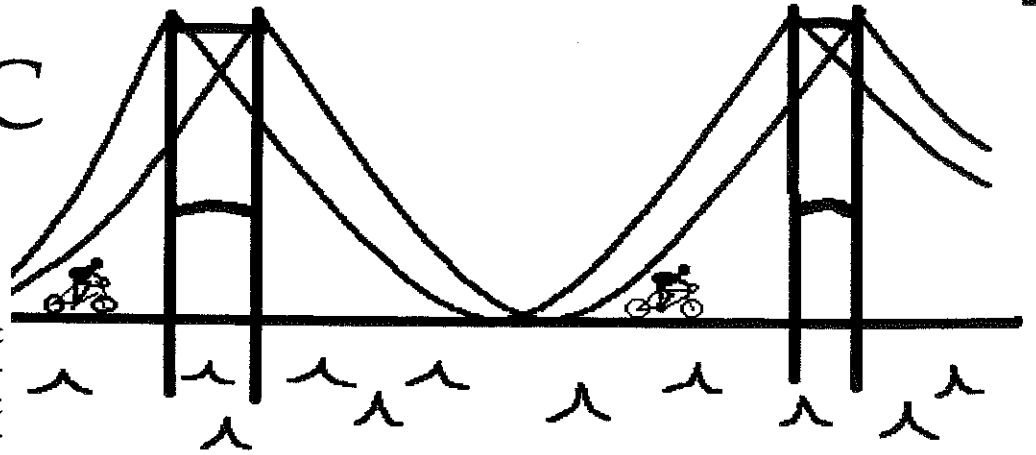
Shoreline Bicycle Tours, (3 tours) shoreline East & Shoreline West August 4-10, shoreline North - August 11-17; League of Michigan Bicyclists, PO Box 16201, Lansing, MI 48901; (313) 379-BIKE.

KBC March Meeting/Exercise Physiology Talk

Dr. Zabik from Western Michigan University will speak at the March meeting 7:00 PM, 13 March 1996 at the Portage West Middle School, Choir room. Dr. Zabik is an exercise physiologist at WMU.

If you have questions that you would like Dr. Zabik to speak to, please forward them to Mike Higgins, mjhiggin@pwinet.upj.com, 327-0387.

DALMAC



For over twenty years, the finest Michigan bike tour has been DALMAC, which is always the last four (or five) days before Labor Day. DALMAC is a one-way tour from Lansing to St. Ignace, and concludes with a ride across the Mackinaw Bridge.

With options of four or five days and short or long routes, the tour is within the ability of nearly any bicycle enthusiast and the longer routes will challenge even the strongest cyclist. The true beauty of DALMAC is that the tour manages to fit a wide variety of abilities by offering four different routes to Mackinaw City.

The easiest route takes five days and averages about 65 miles per day, which might sound like a lot, but actually is easy when you have all day to do the miles. Think about it: at an average of eleven miles per hour, that's six hours a day. An intermediate route covers the same distance but in four days. The tougher routes are either four centuries or five centuries—one hundred miles per day.

The routes all showcase nearly every type of Michigan's varied terrain. From Lansing to Mt. Pleasant, the roads are flat and the farmland stretches as far as the eye can see. After a night on the Central Michigan University campus, the terrain becomes more challenging with many moderate climbs to Cadillac or Lake City.

Day three goes to beautiful Torch Lake and includes stunning vistas of Grand Traverse Bay and Elk Lake. In addition, the hills on the longer routes will challenge your legs on the way up and your nerve on the way down.

Amazingly, the last day is both more beautiful and more challenging, and includes the option of climbing the aptly named *Wall* just north of Elsworth. After lunch, the ride takes you *through* the most beautiful road in the lower peninsula, the tunnel of trees from Harbor Springs to Cross Village.

The ride concludes with three massed crossings of the Mackinaw Bridge, on one of the only two or three days per year that the Bridge Authority allows bicycles on the bridge. You can't be a serious Michigan cyclist unless you've done it.

DALMAC is run by the Tri-County bike club, in Lansing, which is a truly well-run organization, and which has donated literally thousands of dollars to the Kal-Haven Trail over the years.

DALMAC provides top-notch sag service, camping facilities, breakfasts, and dinners throughout the trip. But best of all, they haul your gear for you. That's right—you heave your stuff in the truck each morning and it's waiting for you each afternoon. They have showers and bathrooms rented at schools or civic areas where you camp.

All this costs about one hundred dollars, and if you need a ride back to Lansing, they arrange this for you and your bike (in buses,) for another forty bucks or so. It's a great bargain, and a great vacation. You will forget about work, the kids, or whatever else is on your mind. The routes are very well marked, and with 1500-2000 riders, there's plenty of company and plenty of riders who ride the same as you do.

Every year about a dozen Kalamazoo area cyclists ride DALMAC, and there are at least 3 or 4 times that many Kalamazoo area cyclists with the skills and enthusiasm to fall in love with this ride. Many riders do DALMAC every year, so it can fill up early. It's a good idea to contact the Tri-County bike club, in Lansing, by the end of March, or contact anyone who's done it recently, and they'll probably have an entry form.

- Doug Kirk

A Real Brest Man

A belated but hearty congratulations is in order for our own Dave DeBack, who last summer broadened a trail first blazed locally by the departed-but-not-forgotten Roberta Hillman Fischer by completing a truly monumental cycling marathon.

Dave completed Paris-Brest-Paris, a 750 mile ride held in France once every four years, in 69 hours total elapsed time, finishing 560th out of 3500 starters and 2830 finishers. We generally figure 750 miles is a good month.

Although we have been aware of Dave's accomplishment for some time, we only recently learned how well he fared against competition that includes the best long-distance cyclists in the world. How good? The record for the event is forty-four hours, an average of 17 mph for the entire event, including stops.

If you've ever ridden with Dave, you know that he is one strong hombre. But completing an event like this shows that he takes the Iron Butt award hands down and also shares certain qualities with the Energizer Bunny.

If you think you might have any interest in this sort of thing, talk to Dave or Doug Kirk about the special rides—*brevets*—you must do just to qualify.

Our helmets are off to you, Dave.

DALMAC PLUS

As noted in the accompanying article about DALMAC, several local cyclists do this terrific tour every year. On last year's ride, though, I had an interesting thought: Why not start a day early and leave from Kalamazoo?

I'm planning to ride from Kalamazoo to Lansing on Wednesday, August 28, then do the four day DALMAC ride. It's 95 miles to Lansing, and I know a good route through Hickory Corners, Bellevue, Olivet and Eaton Rapids.

A few people I've spoken to are interested, and I'm wondering who else might be. We would drop off one or more vehicles in Lansing with our DALMAC supplies on board a day or two before we leave.

By arranging transportation home from Lansing, no additional planning would be required to bike from Kalamazoo, and DALMAC has camping facilities available at the departure point free of charge on Wednesday night, as well as storage parking for the duration of DALMAC at the same location.

Interested in DALMAC PLUS? Contact Kathy Barrett at 388-5045.

New Members

Will Panich
Scott, Bill, Chris & Tom Stevens
Larry, Kerri, Nick & Susan Kissinger

March Birthdays

Alfred Gemrich
Jeanette Holm
Terry Jackson
Grant Kasten
Susan Kissinger
Rose McKenna
Roger Poorman
Sharon Schmidt
Danielle DeVries
Robby Zehner

CLASSIFIED

Cannondale R900, red, 54 cm., Ultegra STI, excellent condition. Best offer. Call Gerry at 375-8121.

TIME TO RENEW? CHECK YOUR LABEL!

Flowerfest Volunteer Meeting

A Flowerfest volunteer meeting is planned for Thursday March 21, 7:00 pm at the Greater Kalamazoo United Way building, 709 S. Westnedge. Dave Goldenberg has agreed to be this years Flowerfest Director and has already lined up several sponsors and covered much of the early ground work. If you volunteered last year your input will be valuable and we will be calling on some new members for help. Questions call Rose at 382-4318 or Dave at 668-5153.

Kalamazoo Bicycle Club Race Team '96

A New Beginning

The race team will be re-organizing the re-organization this year. New features will include a training schedule that is casual yet functional, a revision of the reimbursement pool, promotion of possibly more events, greater club involvement, and more chances to *ride our bikes...* which is what we're all about. A meeting that will help determine the roster for 96 will be held on **Monday, March 11 at 6:30 p.m. at Bilbo's on Campus.**

Cycling, anyone?

That's right! the first of many **Race Team training rides** will be on **St. Patrick's Day, Sunday, March 17, at 1:00 p.m.** It will leave from **KVCC.** Wear lots of green...including your team jersey!!!!

In Memorium

On Tuesday, February 13, **Mike Walden** passed away. This coaching legend contributed many years of enthusiasm to our sport and will be dearly missed. He is most known for his successful **Walden's School of Cycling** and for his involvement with the **Wolverine Cycling Club.**

Thank You!!!!!!

Many thanks go out to all who helped and supported the race team efforts in 1995. Thanks to **Jim Wyrick** for acting as director and keeping track of each member's contributions to the team. Of course, we must thank our sponsors for their generous donations. Primary sponsors were **First of America Securities, Parkstone Mutual Funds** and **Big Burito.** Bike shop sponsors were **Alfred E. Bike** and **Breakaway Bicycles.**

1995 Numbers

You say you don't know what the team did in 95? Well, I'll tell you a little bit about it. The **Spring Valley Circuit Race** was successfully held due to the capable organization by many, with a special thanks to **Dave Patrick** for undertaking the majority of sponsorship and coordination for the creation of the **Race West Michigan Weekend.** The race grossed \$6,750.74 with profits of \$1,202.52. This is the first year in many that this event has done better than breaking even. The **Fort Custer Little Big Race** grossed \$6,735.00 with profits of \$3,418.87 thanks to many volunteers and codirectors **Mike Teel, Scott Steurer, and Dan Ferrara.** The reimbursement pool was used by **Kyle Chisholm, Brian Clissold, Mike Jones, and Scott Steurer,** with reimbursements totaling \$335.00.

Attention Time Trialists, Tandem pairs, and all Other Cyclists

The **Fisk Knob Time Trial** will be held **Sunday, March 24,** by the **Rapid Wheelmen of Grand Rapids.** New this year is a **tandem class.** Entry fee is \$15 or \$20 day of event. Contact the **Rapid Wheelmen** at (616) 241-1969 or **RPDWHMN@aol.com.**

I Said Money, Honey!

The race team will again have a reimbursement pool available to team members. It will undergo some major revamping for 96 to allow for more usage by more riders more frequently. Details are still in the works, but progress IS being made and will probably be complete by the time you read this.

New Math

By Axel Kleat

One of the nice things about cycling is the time to oneself. Whether alone or in a pack, there's a lot of time with nothing to do but ride. Most of the time, this suits me just fine. I like the chance to unwind and clear my head. My mind wanders so far that it seems to have legs of its own.

Once in a while I think about numbers when I ride. I don't do very well at it though, because the faster my heart beats, the lower my IQ drops. Nothing like a quick trip to my anaerobic threshold to forget my problems, not to mention my name and address.

Since it's too cold to ride anyway, now's my chance to actually crunch those numbers I lose track of when I pedal. I've got my calculator warmed up, and am set to explore one of cycling's great questions: just how many circles do our feet do when we ride?

Suppose you ride a century. One hundred miles. Suppose you go 20 mph, so you are covering a mile every three minutes, and suppose you average a relatively slow cadence of 80 rpms.

Now I don't suppose you like story problems too much either, but this one's pretty easy, and I've done the figuring. You'll finish in five hours flat, or 300 minutes. Each minute you spin 80 rpms, and eighty times 300 is 24,000 circles.

Let's assume 300 circles to the mile (which I suspect is closer to the truth.) How far'd you ride last year? 1000 miles is 300,000 circles! Off-road miles might take twice as many circles. No wonder you got hungry!

Pretty interesting stuff, huh? Well, hold on to your easy chair cuz it gets better. Have you considered just how far each revolution of the pedals takes you?

A quick trip downstairs with a yardstick turns up a crucial fact: a road wheel is about 27 inches in diameter.

The circumference is 27×3.14 or 84 inches, which conveniently is seven feet. If you are in a nice easy gear like a 42 x 17, each circle of your feet is very nearly $2\frac{1}{2}$ circles for the wheel, or $17\frac{1}{2}$ feet.

If memory serves, a mile is 5280 feet, so a little division shows 300 circles for each mile. In a big gear like a 52 x 13, the wheel makes four circles for each one revolution of the pedals, or 28 feet. 188 circles per mile.

It amazes me that I can propel myself so far with just one heave on each pedal, but think about mountain bike gears: low gear might spin the wheel just one circle for each one circle of the pedals. Wheel diameter is pretty much the same as a road bike, so you go 7 feet.

How steep a hill can you run up and cover seven feet every two steps?

Boy, don't these numbers just fascinate you? Well, I saved the best for last! I see on page 34 of the March, 1996 *Bicycling* that a 49 year old Dutchman named Rompelberg set a new land speed record for bicycles at 167 miles per hour at the Bonneville salt flats. He drafted a custom car with a huge wind-blocking wall on the back.

The story relates that Mr. Rompelberg turned a gear that covered 1260 feet per pedal stroke. Now this guy is truly strong. So strong that Big Mig had best be glad he skips the Tour. Try 4.2 pedal revolutions per mile.

167 mph is 2.8 miles per minute. The magazine would have us believe this guy, who I note is even older than our own Steve Cox, cranked out 167 miles per hour at a cadence of eleven and three-quarters revolutions per minute!

Much as I'd like to believe I'll be capable of such feats in a few more years, I suspect something got lost in translation. If one crank circle moves him 1260 inches, not feet, things begin to fall into place. 1260 inches is 105 feet per pedal revolution, not quite four times as far as in the biggest gear on a typical bike. No wonder he had to be towed up to 85 mph!

Assuming it really is 1260 inches per revolution, and this guy is doing 2.8 miles per minute, he's spinning his feet 140 rpms. Not bad. Not bad at all.

(Continued on page 6)

Ride, Ride, Ride

Even though the weather is still wintry, think Spring and cycling. Plan to meet at KVCC at 1 PM on Saturday, March 2 for an impromptu ride, if the weather cooperates. The riders who show up can decide the route to take since there will be no official ride leader or map. If you can, plan on meeting again on Sunday, March 3 at 1 PM under the same conditions. These rides will be available on Saturdays and Sundays at the above location and times through March and April. If the rides prove successful, they can continue throughout the riding season. Please feel free to call the Ride Line or Randy (649-1814) with any feedback concerning these rides.

February's newsletter generated the first ride leader volunteers for the upcoming riding season. Many thanks to **Mike Higgins** and **Steve Vonderfecht** who plan to lead the 10-15 mph and 16-18 mph groups, respectively, on the Monday Recovery Ride at Texas Drive Park.

The Club is planning to continue the popular Monday, Wednesday, and Friday rides starting at 6 PM. The Monday Recovery Ride at Texas Drive Park will provide three ride leaders which should provide a pace to suit riders of all abilities. Mike Higgins plans to lead the 15-20 mile ride at 10-15 mph and Steve Vonderfecht plans to lead the 16-18 mph group. We need ride leaders for the 19+ mph group. The Wednesday ride meets at Kalamazoo Central HS and consists of a 16-18 mph group. We need ride leaders for this ride also. The Friday ride meets at Billy's Bike Shop in Galesburg for the Tour de Gull 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 this ride.

We hope to offer at least a partial weekly ride schedule in April. Think about being a ride leader for a week, a month, the season, or any combination of the above. No experience is necessary, just the willingness to ride with a great group of people who enjoy riding their bikes. If anyone is interested in establishing a regular ride, road or mountain, or a one day ride at another time, please contact me. Further details of the ride calendar will be revealed in future newsletters, so stay tuned. Please give Randy Putt a call at 649-1814 to volunteer to be a ride leader or to get more information about being a ride leader. Hope to see you on the road this month.

- Randy Putt

Sports Nutritionist Speaks Out to KBC

Last January 9th, many KBC members attended a general membership meeting at Portage West Middle School. We were given an interesting informal presentation on nutrition by Brenda Stoddard, a registered dietitian at the VA hospital in Battle Creek. Although, she is more an avid runner and an occasional cyclist, her knowledge of dietetics is quite broad. She discussed the merits and incorrect usage of vitamin supplements, proper nutrition, and the use of modern day technology to gain the 'edge' in competition. Some of her topics ranged from the different food groups and what constitutes 'a serving' to keeping oneself hydrated with water, as opposed to sports drinks. She believes that during an event, an individual loses mostly water and a certain amount of electrolytes. So, water should be used to replace what is lost, and besides, it is absorbed much faster than anything else. There were many questions asked: for example, the use of glycerol for water retention and the misuse of vitamins as a substitute or poor eating habits. Her contention on the use of glycerol, as well as other 'cutting edge technology', is that there is a lack of scientific data to support the uses of many 'new things'. She is also a firm believer that there is no substitute for good nutrition and proper hydration.

- Bill Watt

(Continued from page 5)

But as was pointed out here in January's *Newsletter* we are fortunate to have the Sultan of Spin right here in Kalamazoo. Someone who thinks 140 rpms is just warming up. So I think that KBC members would do well to mount a challenge. This record is obviously soft and ready for the taking.

Let's set up a fund, get a proper bike built up, and get Paul out there spinning 180-200 rpms on the salt flats. We'll break 200 mph, and maybe get famous.

Then maybe Paul might put it in the big ring!

New Club Jersey

In past years the Kalamazoo Bicycle Club has offered a Club jersey to the membership. Once again we would like to develop one, but need commitment from the membership to buy them. Each jersey will run about \$35.00 for Swiss-Tex material. This includes sublimated graphics. The supplier contacted, Good Stuff, has been the supplier to the club in past years and does the Jersey for the Cereal City Century.

If you are interested in purchasing a club jersey, call the Ride Line at 327-7767 and let us know. We also need a group of people to help design the graphics layout. If you are a graphics artist or know of one, please give me call at 329-0692. Any ideas let us know.

If there is sufficient interest we will pursue it. Just call the Ride Line and voice your vote or call me at home.

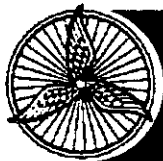
- John Mathieson

ECC Bike Committee Makes Pitch

Tom Small and Dave DeRight recently attended a lengthy Kalamazoo City Commission budget session regarding road funding to urge the Commission to consider establishing a stand alone bicycle advisory committee reporting directly to the Commission and to further consider appointing or hiring a staff coordinator which could be funded with existing non-motorized dollars as is done in the Ann Arbor Bike Program. This person could then raise more funds to properly support a proposed non-motorized program. They also explained the need to increase the amount of local ISTEAs directed towards bicycle improvements, and the need for a close look at the bicycle transportation option to increase citizen transportation choices, enhancing their quality of life. The brief presentation was generally well received and they were then asked by a Commissioner to put together a proposal. Mayor Larson was supportive as was City Engineer Frank Szopo who said he would be happy to assist in developing ISTEAs grant proposals.

- Dave DeRight

LEAGUE OF AMERICAN BICYCLISTS



**PEDAL
FOR
POWER**

A LONG-DISTANCE TOURING PROGRAM

Pedal for Power will again offer a cross country ride and an Atlantic Coast tour to support the work of the League of American Bicyclists. The League promotes bicycling for recreation and transportation, while protecting bicyclists rights through education and advocacy. Our program is unique in that it allows cyclists to improve cycling conditions by raising funds for the League. We also recognize that local clubs need funding for their programs, so we offer the option of splitting all the money raised over the base price between the League and your local club or advocacy group. If you are interested in a bicycle tour that can really make a difference, please contact us for more information.

ACROSS AMERICA

MAY 11-JUNE 25, 1996

LOS ANGELES TO BALTIMORE

ACROSS AMERICA WEST

MAY 11- MAY 24, 1996

LOS ANGELES TO SANTA FE

ACROSS AMERICA EAST

JUNE 12-JUNE 25, 1996

CHAMPAIGN, IL TO BALTIMORE

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SEPT. 20-OCT. 12, 1996

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FOR MORE INFORMATION CALL

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KBC OFFICERS

President: Rose McKenna 382-4318
 Vice President: John Mathieson 329-0692
 Treasurer: Mike Higgins 327-0387
 Secretary: Teri Waldron 673-9375
 Race Team Representative: Brian Clissold 324-1153

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 Director: 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 324-5555
 Milwood Schwinn 349-6384
 Parchment Bicycle 343-8118
 Portage Schwinn 327-3393
 Safety Cycle 331-7233
 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