

# Pedal Press



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

## Executive Board Meeting

The next board meeting will be held Sunday, April 14 at 2:00. Location to be announced. For information contact any board member. These meetings are open to club members. A tentative agenda is listed below.

### Old Business:

- Database Manager Replacement
- Publicity Chair
- Club Jersey

### New Business:

- Flowerfest Update
- Portage Community Day

## Safety Cycle Switch

Safety Cycle Ski & Sport has changed its name to Pro Sport and is now located at the Maple Hill Mall in the old High wheeler location. Phone 381-SAFE. We understand that the store handles several varieties of sporting goods but is still very much involved with bicycles.

## Thanks, Phil

After 11 years on the job as our database manager, Phil Caruso is calling it quits. He has been our one-man welcoming committee for newcomers to the club and has maintained a database of birthdays for the newsletter. Sincerest appreciation for a job well done.

## Upcoming Events...

### April

- 6 **Fort Custer Stampede Mountain Bike Race**, Fort Custer Recreation Area, 10:00 am.
- 14 **KBC Executive Board Meeting** location to be announced, 2:00 pm.

## Fort Custer Stampede

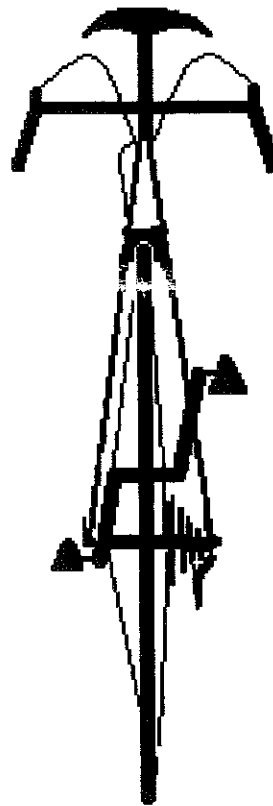
*Mountain bike race raises funds for trail system*

The southwest Chapter of the Michigan Mountain Biking Association will host the second annual Fort Custer Stampede mountain bike race on Saturday, April 6.

The race will be held at the Fort Custer Recreation Area located between Battle Creek and Kalamazoo, just east of Augusta on M-96. Proceeds from the race will go toward trail maintenance and development at the park, which boasts one of the greatest mountain bike trails in southern Michigan.

Sponsored by Alfred E. Bike, Billy's Bike Shop, Breakaway Bicycles and Team III Cycling & Fitness, the race is open to anyone who wants to have fun. Elite and expert riders will race first at 10:00 am, followed by sports riders, tandems, beginners and children. Cash awards and medals will follow the race. All children will receive a medal for participating. Door prizes include a Pearl Izumi Climaguard coat and pants set.

Cost for the race is \$20 pre-registration, \$256 after March 30 and \$5 for the kids' race. A high quality long-sleeve T-shirt will be available for \$7.50 to pre-registrants or \$15 the day of the race. Race applications are available at area bike shops. Call 616/344-0124 for more information.



## WinterBike Review

Last month, several KBC members braved the snow-blasted roads to attend the 1996 WinterBike seminar series in Lansing, sponsored by the League of Michigan Bicyclists (LMB) and League of American Bicyclists (LAB). When I say the roads were snowblasted, I mean the whiteout at times kept us traveling at a snail's pace, so it was whiteknuckle driving the whole way. However, the seminar series was well worth attending. The information provided us with verve and elan for proceeding into the 1996 cycling season. The series began with some basic club workshops such as long range planning (my balliwick, by the way), teaching safe cycling programs, working with law enforcement, effective cycling and club leadership. Let us not forget the advocate's track such as: developing bicycle friendly communities and greenways to urban areas. These workshops were led by volunteers from LMB/LAB and much information was disseminated. Specifically, the long range planning project that I am interested in facilitating should be three years long with modest goals. During this month, I will be soliciting volunteers for this and the amount of time needed will be quite small.

- Bill Watt

## Publicity Chair Sought

The KBC board is looking for an individual who will oversee publicity for the time leading up to and covering FlowerFest. We will provide the contacts for the Gazette, radio and television stations and help target local businesses which could provide advertising space. Anyone who thinks they may be interested should contact Rose at 382-4318.

## KBC Needs Database Manager

The board is looking for someone who can maintain/update the database on a monthly basis and provide labels for the newsletter. Anyone interested should call Rose at 382-4318.

## KBC March Meeting Energizes Club

Dr. Roger Zabik gave a quick overview of metabolism, how the body extracts energy (generates ATP) from food (carbohydrates, fats, and protein).

Dr. Zabik's recommendations to enhance performance are simple and straightforward.

Carbohydrates are the body's preferred energy source. Fats supply a lot of energy, but low carbohydrate stores will limit performance before low fat stores will. It takes more oxygen to burn fat than sugar.

Eat complex carbohydrates prior to training, and small amounts of simple sugars during training. Too much sugar or sugar in water will draw water from the blood in to the stomach and may cause vomiting (water and electrolyte loss). Too much simple sugar at any time is counterproductive.

Eat a balanced diet (the type of meals mom made but with less fat).

Water is critical. Drink water before a race ~ ½ liter. A surprisingly small water loss can limit performance, a little more loss and you are down. Special drinks and bars don't hurt, but they may not be any better than water and food.

Muscle cramps come from the depletion of ATP stores. Resting and massaging the effected area restores blood flow and increases ATP levels.

Training will improve performance. Long rides burn fat. Interval training improves endurance. Start slow. Don't over do it and give up, but there is no substitute for training.

In summary, eat more complex carbohydrates, less fat and simple sugars, drink water, and train.

- Mike Higgins

# April Ride Calender

As the weather has warmed a bit, riding outside has become a reality. A group of nine rode from KVCC on Wednesday March 13 on an impromptu ride, so I am thinking it is time to start some regular club rides. The April ride schedule is listed below.

## Saturday/Sunday

We plan to continue the impromptu Saturday and Sunday rides in April. These rides begin at KVCC at 1 PM on Saturdays and Sundays in April as long as 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 these rides prove successful, we will continue the rides throughout the riding season. Please feel free to call the ride line or me with any feedback concerning these rides.

## Monday

A full Monday schedule will begin in May with three ride leaders which should provide a pace to suit riders of all abilities. Mike Higgins will lead a group for 15-20 miles at 10-15 mph, Steve Vonderfecht will lead his group at 16-18 mph, and we need ride leaders for the 19+ mph group.

The Monday Recovery Ride at Texas Drive Park will be lead by Mike Higgins and Randy Putt in April. Riders of all abilities are welcome. The ride will begin at 6 PM and go for 20 to 30 miles at an early season pace. Hope to see you there.

## Wednesday

The Wednesday ride meets at Kalamazoo Central HS and will start in May. Enjoy the rolling hills of northwest Kalamazoo County for this ride of about 20 to 30 miles. The pace for this ride will be about 16-18 mph. We need ride leaders for these group.

## Friday

The Friday ride meets at Billy's Bike Shop in Galesburg at 6 PM in April for the Tour de Gull Lake. The route for this ride is well established (about 27 miles) and will be conducted at an early season pace. Randy Putt and others to be named will share ride leader duties in April. We do need ride leaders for this ride for May and beyond.

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

Think about being a ride leader 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 on being a ride leader. Hope to see you on the road this month.

## New Members

Wiley Boulding  
Mark, Ann, Doug and Cara DiJulio  
Barbara Kesler and Dan, Michael  
and John Branstetter  
Dale & Ruth Krueger  
Richard & Donna McNorton  
Gene Zelmanski

## April Birthdays

Kathy Barrett  
Gary Campbell  
Carol Carter  
Ann DiJulio  
Sue Goldenberg  
Marc Luoma  
Michael Schmidt  
Daniel Smith  
Chris Stevens  
Barbara West  
Bill Willging

## CLASSIFIED

**Cannondale Caboose bar bag** with quick release mount, very good condition with map case, includes all original fittings and box, asking \$20 or best offer. Call John Mathieson at 329-0692 in the evenings.

**Trek 1400, RX-100 STI shifting**, excellent condition, \$500. Call 375-1103.

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

# KBC Treasurer's Report

## INCOME/EXPENSE REPORT

<b>INCOME</b>	
Membership Dues	724.00
Rebate-Insurance-FFT	153.00
USCF ref	25.00
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<b>TOTAL INCOME</b>	902.00
<b>EXPENSES</b>	
Advocacy donation	250.00
Insurance for the club	200.00
KBC General	10.00
Newsletter	444.68
KBC Phone	100.75
<b>Meeting:</b>	
Food	20.22
Speakers fee	100.00
Other	357.82
	-----
Total Meeting	478.04
Postage	400.48
Other	64.15
<b>Race Team:</b>	
Jerseys (payments)	-34.00
LBR Race	306.70
Phone	4.61
Postage	6.40
Reimbursement	236.00
Spring Valley	26.15
Other	155.00
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Total Race Team	700.86
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<b>TOTAL EXPENSES</b>	2,648.96
<b>INCOME MINUS EXPENSES</b>	-1,746.96

## TRANSACTION REPORT

<b>Savings Account</b>	
<b>Amount</b>	
BALANCE 10/31/95	7,433.98
TOTAL Interest 10/31/95 through 3/1/96	48.88
<b>BALANCE 3/1/96</b>	<b>7,470.96</b>

## ACCOUNT BALANCES REPORT

<b>ASSETS</b>	<b>10/1/95</b>	<b>3/1/96</b>
<b>Cash and Bank Accounts</b>		
Checking	7,827.55	6,080.59
Savings	7,422.08	7,470.96
	-----	-----
<b>TOTAL NET WORTH</b>	<b>15,249.63</b>	<b>13,551.55</b>
<b>GENERAL CLUB ACCOUNT</b>	<b>7134.53</b>	<b>6137.31</b>
<b>RACE TEAM ACCOUNT</b>	<b>8115.10</b>	<b>7414.24</b>

# Hardheaded

By Axel Kleat

Just got a call. Seems that by paying my dues to the League of American Wheelmen, I found my way onto a list of potential donors to an educational program sponsored by the League to educate bicyclists about safe riding in general and helmet-wearing in particular.

A sales pitch. Or donation pitch. Doesn't make much difference. Here I am being a good guy supporting the biggest national cyclist's rights group, and what's my reward? A pitch.

Now, it was very nicely done, a polite, friendly pitch. But it was still a call in the evening, disturbing dinner, which I received only because I **already** sent in money. I really can do without calls like this, and like most telephone solicitors, Rene wasn't giving up too easily.

So I became a ten-cent philosopher and, when the poor woman paused for a breath, offered to explain Mr. Kleat's "Darwinian Theory on Bicycling Survival in American Society." She inquired what in the world I meant, so with tongue firmly planted in cheek I shot from the hip.

Darwinian theory is "survival of the fittest." The best of the breed will thrive, slowly improving the species over many generations by weeding out inferior examples. Applied to cycling in America, where the biggest threats to survival are cars and the idiots inside them, those most fit to survive are those with the most luck and the most skill.

Education beyond that which could be funded by members' annual dues, I continued, would upset this natural balance, and might just upset the balance of nature in general.

I eventually got Rene off the phone with this diatribe and laughed a bit at myself. I sounded like I belonged in the Third Reich. Still, I'll admit that, all things being equal, riding without a helmet is more fun and way, way cooler.

But things aren't equal. Cars are bigger, faster, harder, clumsier—and warmer too. Drivers are isolated in their cocoons, talking on their cell-phones or to their passengers. Cars are incredibly, remarkably dangerous to cyclists. Virtually every ride I take, I ponder that some car out there might make each ride my last—an event which might just prove that my genes are not qualified for the twenty-first

century, despite their worthiness up to now.

Anybody who thinks that a helmet is going to protect them from that car—or curb, or tree—truly is **not** material for the next millennium. Helmets save lives, I'm sure. But some of those lives saved maybe aren't so great afterwards. Coma, paralysis, and head injury do detract from one's quality of life.

The idea here is not to save lives, but to avoid accidents. Helmets do little to avoid accidents. Cars mostly do very

little to avoid accidents, giving ground grudgingly and sometimes not at all. Your line of defenses to avoid accidents is **under** your helmet.

Reaction time, perception, avoidance skills, lane discipline, hearing, concentration, bike handling skills, balance, tumbling skills and fitting into vehicular traffic are vital. Do yourself a favor and work on these things.

If you piss off more than an occasional car, there's a message there. If you can't ride

down a lane-stripe without wavering, maybe you'd better fix that headset or work on your spin. What do your ears tell you about how much room that car back there is giving? Can you countersteer? How fast can you stop? How about with wet rims? Could you jump a curb if you had to? Do you ever practice this stuff?

These skills are not capable of being purchased or strapped on. What I wish I'd told Rene is that you can't learn these things in a classroom. Yet every one of them can save you from an accident. Your helmet can't. Your abilities are your only bet to show those demanding Darwinians that you've truly got the Right Stuff, that you and your bicycle can thrive, compete with and ultimately survive when internal combustion goes the way of the dinosaurs!!

Sure, some drunk may take you out. Life's not fair, and dumb luck can intercede in the damndest ways at the damndest times. When fate rears its ugly head and your skills fail you, that high-tech brain-bucket might just give you a chance to ride again...but don't bet your life on it.

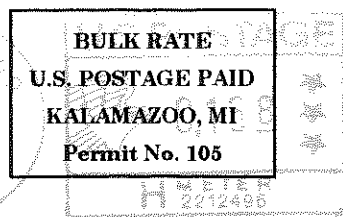
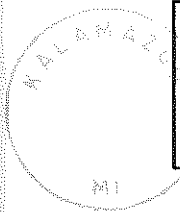
Work on the skills to give yourself a chance **not** to need your helmet. Then wear it anyway.

*"Helmets do  
little to  
avoid  
accidents."*



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

BULK RATE



**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: 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  
 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