

Pedal Press



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

President's Letter

The biking season has officially begun and if the Monday and Wednesday night rides are indicators of the success of the new season we are off to a great start. The rides so far have been well attended (weather permitting) so come out and join us. Our Wednesday night fitness ride may turn out to be a Kal-Haven Trail ride depending rider interest. (A shameless plug for the president's ride.)

An Advocacy meeting is planned for **June 10th at Texas Drive Park at 6:00**, just before the Monday night ride. Dave DeRight will educate us on an ISTE (Intermodal Surface Transportation Enhancement Act) grant application he has been working on. This is federally funded monies to study ways to improve bicycle/pedestrian traffic in downtown Kalamazoo. Timing is crucial for this grant since the outcome of such a study could be easily incorporated into the downtown comprehensive plan. Support exists for this but it is scattered. More education and awareness of Dave's and others efforts would help build a support base for this important and necessary work towards improving "friendly" bicycle byways.

The Flowerfest committee has two Flowerfest Volunteer meetings planned for June. Both will take place at the United Way Building on Westnedge (across from Chenery Auditorium) at 6:00. On Tuesday, June 4, volunteers will be meeting to label brochures for mailing and on Tuesday, June 11, will be a general volunteer meeting to organize all Flowerfest preparation for before and day of activities. Call Dave or Sue Goldenberg (668-5153) for information on volunteering.

Planning for the big events for the KBC season are underway. Flowerfest is being held the last day of the Kalamazoo County Flowerfest week, Sunday July 21. The Spring Valley Circuit Race will be held August 10 as part of the Race West Michigan Weekend. The Little Big Race will be on September 8 at Fort Custer. Plan on attending/participating but don't forget to help out the people who work hard to get these events off the ground. The directors for these events are: Dave Goldenberg, 668-5153 (FF); Dave Patrick, 382-5818 (SVCR) and Brian Clissold, 324-1153 (LBR).

Come out and ride!!!

Upcoming Events...

June

- 4 Flowerfest Brochure Mailing Party, United Way Offices, 709 S. Westnedge, 7:00 pm.
- 10 Bicycling Advocacy Meeting, Texas Drive Park, 6:00 pm, before the Monday night ride.
- 11 Flowerfest Volunteers Meeting, United Way Offices, 709 S. Westnedge, 7:00 pm.

July

- 21 Flowerfest Tour, Kalamazoo Valley Community College, 7:00 am.

August

- 10 Spring Valley Circuit Race, Spring Valley Park.

September

- 8 The Little Big Race, Fort Custer Recreation Area.

New bike shop in town

This spring has heralded the opening of a new bike shop in town. Cycle Works & Sports is located on M-43 just past 9th Street on the south side of the road in the Hamilton Landing Mall. The new facility carries Parkpre, Kona, Fuji, Amp Research, Cioc, and Guerciotti frames. It is owned by Jason Rutgers and managed by Kevin Miller.

They have offered a 10% discount on parts and accessories for KBC members in good standing. To get your discount Bring some ID and a copy of the current KBC newsletter to prove who you are and standing in the Club.

June Rides

Where is the warm weather? Maybe June will be better. Even though the weather has not been very friendly, the full ride calendar has been in full swing during May and will continue into June. All evening rides will begin at 6:30 PM unless noted otherwise. The Monday night ride has been well attended the last couple of weeks with about 25 riders divided among the three groups.

Saturday/Sunday

The impromptu Saturday and Sunday afternoon rides will continue in June at KVCC at 9:00 AM when the weather cooperates. The riders who show up can decide the route to take. 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.

The race team training ride will meet Sundays at 9:30 AM at the Water Street Coffee Joint. Race team members are encouraged to attend wearing their race team jerseys.

Monday

There will be three ride leaders at the Monday Recovery Ride at Texas Drive Park. Maps will be available and the ride leaders will make sure that the groups stay together. Mike Higgins will lead a group for about 20 miles at 10-15 mph, Steve Vonderfecht plans to lead the 16-18 mph group 20 to 25 miles, and Jeff Wetters and Randy Putt will share ride leader duties for the 19+ mph group for 25 to 30 miles. Mike and Steve have agreed to lead this ride all season but will need substitutes once in a while.

Tuesday

Mountain bikers, new members Mike Claffey and his 15 year old son Darryl have volunteered to lead a mountain bike ride Tuesday evenings in June at Fort Custer. Meet at the Rec area near the trail head at 6:30 PM. They plan to lead the ride over all the trails, about 12 miles. Mountain bikers of all experience levels are welcome. Call Mike at 385-2325 for more information.

Wednesday

The Wednesday ride meets at Kalamazoo Central HS and will continue this month. This ride consists of two

groups. Rose McKenna plans to lead a fitness ride at 10-15 mph (the riders present will decide the pace each week) for 15 to 20 miles. Come on out and give it try. The 16-18 mph group will ride for 25 to 30 miles and Charlie Fuentes will this ride with assistance from Jim Wyrick and Don Povendo. Maps will be available and the ride leaders will make sure that the groups stay together. The riders in each of the above groups will start and finish the ride together. These rides can be quite hilly in the north western part of Kalamazoo county.

A fast group also rides from Kalamazoo Central on Wednesday evenings beginning at 6:00 PM. The pace of the ride is typically greater than 20++ mph and the route goes to Bloomingdale and back (about 46 miles). Since the route is well known to most of the riders, no maps are available for this ride. This group is typically large and consists of racers and other experienced riders. There is no designated ride leader. The group typically fragments into smaller groups and the riders often times do not finish together. This ride is hard and is not suitable for inexperienced riders. Some riders can be expected to be dropped from the main group. The ride is a loop and those riders who get dropped meet up with the main group on the return part of the loop.

Friday

Come join us on Fridays in the parking lot behind Billy's Bike Shop in Galesburg at 6:30 PM in May for the Tour de Gull Lake. The route for this 18-21 mph ride is well established, but maps are available. Richard Walter and Randy Putt will share ride leader duties in June with the assistance of Jeff Wetters. Even though this ride can split into more than one group the ride leaders will make sure that all riders finish the ride.

Mountain Bikers

Hey you mountain bikers, I know there are a lot of you out there!!! Are any of you interested in weekly mountain bike rides? Give me a call and establish a ride. If anyone is interested in establishing another regular ride or a one day ride at another time, please contact me at 649-1814. The club would welcome any suggestions on types of rides, locations, and times that would interest KBC members.

- Randy Putt

June Ride Calendar

1996

Sunday *Monday* *Tuesday* *Wednesday* *Thursday* *Friday* *Saturday*

30 Sunday Ride KVCC 9:00 Race Team Ride Water Street Coffee 9:30 20++mph						1 Saturday Ride KVCC 9:00
2 Sunday Ride KVCC 9:00 Race Team Ride Water Street Coffee 9:30 20++mph	3 Recovery Ride Texas Drive Park 6:30 10-15mph 6:30 16-18mph 6:30 19+mph	4 Mountain Bike Ride Fort Custer Rec Area 6:30 All abilities	5 Wed Night Ride Kazoo Central HS 6:00 20++mph 6:30 10-15mph 6:30 16-18mph	6	7 Tour de Gull Lake Billy's Bike Shop 6:30 18-21mph	8 Saturday Ride KVCC 9:00
9 Sunday Ride KVCC 9:00 Race Team Ride Water Street Coffee 9:30 20++mph	10 Recovery Ride Texas Drive Park 6:30 10-15mph 6:30 16-18mph 6:30 19+mph	11 Mountain Bike Ride Fort Custer Rec Area 6:30 All abilities	12 Wed Night Ride Kazoo Central HS 6:00 20++mph 6:30 10-15mph 6:30 16-18mph	13	14 Tour de Gull Lake Billy's Bike Shop 6:30 18-21mph	15 Saturday Ride KVCC 9:00
16 Sunday Ride KVCC 9:00 Race Team Ride Water Street Coffee 9:30 20++mph	17 Recovery Ride Texas Drive Park 6:30 10-15mph 6:30 16-18mph 6:30 19+mph	18 Mountain Bike Ride Fort Custer Rec Area 6:30 All abilities	19 Wed Night Ride Kazoo Central HS 6:00 20++mph 6:30 10-15mph 6:30 16-18mph	20	21 Tour de Gull Lake Billy's Bike Shop 6:30 18-21mph	22 Saturday Ride KVCC 9:00
23 Sunday Ride KVCC 9:00 Race Team Ride Water Street Coffee 9:30 20++mph	24 Recovery Ride Texas Drive Park 6:30 10-15mph 6:30 16-18mph 6:30 19+mph	25 Mountain Bike Ride Fort Custer Rec Area 6:30 All abilities	26 Wed Night Ride Kazoo Central HS 6:00 20++mph 6:30 10-15mph 6:30 16-18mph	27	28 Tour de Gull Lake Billy's Bike Shop 6:30 18-21mph	29 Saturday Ride KVCC 9:00

Flowerfest '96 Update

This year's Flowerfest Bike Ride has the potential for helping the Club become a strong voice for promoting bicycling in the Kalamazoo area. Borgess Health Care, Meijers Foods and Harold Ziegler are just a few of the area businesses that are offering support for this year's Ride. Even with all the help from our sponsors, we still need Club members to come out and volunteer in order to make the ride enjoyable for the participants and successful for the Club.

Nobody is asking for a day or even a half-day long commitment. With enough people turning out, we shouldn't need more than a few hours of time from anyone. We have plans to fit every schedule. For example, if you want to pitch in on Ride Day just offer to come early or leave late. If you know you are going to be too pumped up before the ride or too tuckered out afterwards, just give us a few hours of time one evening before the Ride and you can join our Olympic quality street graffiti squad and help paint the course. Enjoy sending chain letters? Come to the mailing party for the brochures. Like to shop? Well, you're just the person KBC is looking for; we need someone to go around and pick up the ride supplies. Remember, it's not really your money you'll be spending! Or, if you just like holding onto large amounts of cash, join our registration relay team.

As you can tell from the above job listings, we have positions to fit every level of experience and past employment history. No references required. Remember, this is the best opportunity of the year for the Club to show the Kalamazoo community that its goal is to represent all levels of riders. With your help we can make this ride fun for the participants and help the Club raise the revenue it needs to serve as an advocate for biking in our community.

Our first big volunteer event will be a brochure mailing party Tuesday, June 4 at 7:00PM. The next Tuesday, June 11, at 7:00PM we will have a volunteers meeting for the ride. Both meetings will be at the United Way offices at 709 South Westnedge.

If you want to help but need more information please call Dave or Sue Goldenberg at 668-5153.

New Members

Bill Strome
John & Michelle Webster
Paul, Michelle, Molly and Matthew
Wells

June Birthdays

Alyce Brady
Charlie Broberg
Rosanne Degen
Charlie DeVries
Cara DiJulio
Toni Fuentes
Scott Harmsen
Matthew Hunt
Joshua Huntsman
Vincent Odenwaller
Joan Orman
Doug Pardee
Leigh Smith
Carolyn Vonderfecht
Jeff Wetters
John Webster
Shirley Winterburn
Patti Zehner

**Time to renew?
Check your label.**

KBC Tandem riders assist with sports camp

On Thursday, May 2, six KBC tandem cyclists captained bicycles and showed approximately 25 visually impaired youths the joy of tandem cycling. The event was coordinated by KBC member Sherry Gordon. Many of the youngsters, between the ages of 13 and 17, had previously ridden tandem. For some, it was their first experience.

The youth sports camp is a yearly event and has been supported by the KBC tandem cyclists for several years. Many thanks to Chandler Garrison, Frank Machnik, Paul Banner, Paul Guimond, Doug Kirk and Charlie Fuentes for their time and commitment. Sports camp participants greatly enjoyed the riding and rated the tandem cycling as one of the most popular events.

Hope to see you and others in August for the annual tandem ride for visually impaired individuals at Texas Drive Park.

- Sherry Gordon

Ribbons of Velvet

by Axel Kleat

I had the opportunity recently to do some riding several hundred miles south of here. You know, down where folks get excited if there's an inch of snow on the ground in the morning, even though it melts by noon.

Spring had sprung down there, and by our perverse standards, it was already summer. Going riding at eight in the morning with nothing more than shoes, shorts and a jersey; evening walks in shorts and a T-shirt, that sort of thing. The difference compared to the weather here in late April was striking.

But not as striking as the difference in the roads. Amazingly good roads. I'm not talking about scenery here. I'm talking about pavement. You can ride all day and never see a pothole. Cracks in the pavement? Nope. Broken up asphalt? Not that I saw.

Big improvement! No more pounding in your shoulders and butt, so riding is far less fatiguing. No dodging potholes while trucks zoom past. What a difference it makes when the ground never freezes!

You can ride mile after mile down the edge of the road and never feel anything but smoothness.

Remember 8th Street south of Texas Corners a couple of summers ago when they put down new asphalt? It was really smooth, so smooth that I'd go out of my way just to ride it. Everywhere I went down south the pavement seemed that good.

But here roads like 8th Street two years ago just don't last. After it's been down about a year, the Road Commission spoils that wonderful asphalt with the ubiquitous tar-and-gravel. This nastiness always turns a great road into an unrideable road for a week or two,

after which it becomes simply a lousy road for a few more weeks before becoming passable again.

Don't you just hate it when you're riding down a recently tarred-and-graveled road and somebody flies by in their four-wheeler throwing gravel in your face? Wouldn't you just love to have that happen to one of our Road Commissioners? Think they'd get that loose gravel swept up a little bit quicker rather than just waiting for drivers who don't mind chips in their paint jobs to finish their work?

Speaking of 8th Street, what happened to it? Last year it took a hit of tar-and-gravel, but it was still a pretty nice road. This year one ride will have you dreaming of a dual-suspension road bike. Geez, what a pounding!

Maybe we'll get lucky and they'll put a new coat of tar-and-gravel on it when they've got the equipment in the same area ruining the current nicest road around, West "R" Avenue between 8th and VanKal.

I actually talked to a Road Commission engineer once about tar-and-gravel, and was told that the tar helps seal the road surface, keeping moisture from seeping into the road. Also, the gravel provides a tough, long lasting road surface, he said.

Not on 8th Street. If it won't last any longer than two years, they might as well save some time and money and just leave the asphalt. It can't go bad any quicker all by itself.

I say get rid of that tar-and-gravel machine and spend that money laying down more new asphalt. That way we can occasionally feel like we're southerners riding on ribbons of velvet even if we are stuck in the land of frost-heaved ribbons of bumps.

*...get rid of that
tar-and-gravel
machine...*

Ride Captain does "Hammerfest"

By Randy Putt

I've heard all the stories about the infamous Wednesday night "Hammerfest" from Kalamazoo Central HS. Many riders have stories to tell. Some from first hand experience and others who expand on the stories they have heard. I had promised myself for several years that when I get in shape, I'll give the "Hammerfest" a try. Every year it has been the same story. The riding season ended and you guessed it, I never quite made it to the "Hammerfest". I live in Vicksburg and it's a long drive to K-Central to ride and get dropped. The long drive, however, has not stopped me from riding with the Wed. 6:30 PM group which is fun and goes at a pace I can manage. I guess you can just call me chicken.

I've been riding pretty well this spring and I've become more confident in my riding ability. It was time to bite the bullet, so on April 24, 1996 I showed up at K-Central at 5:45 PM for the "Hammerfest". There were about 25 riders ready to roll and I only recognized a couple of them. I wondered, who were these guys and could I hang on? I started out on my first "Hammerfest". How long would I last? Would anyone speak to me? I was keeping up and after about 10 miles I found myself falling off the back. But a miracle happened, nature called some of the pack, so the pace slowed and I caught up.

Being a wheel sucker isn't all bad, but it's a little unnerving riding in a pack at 28 mph along a rough road. I survived. I even took my turn at the front for a few brief moments. Hey, I made it to Bloomingdale with the pack and a number of the riders even spoke to me. I was halfway through, could I really stay with the pack during the second half of the ride? The ride is reasonably flat for awhile, so maybe I could hang on. One of the riders behind me flatted and the pack slowed down and waited. It was the quickest flat change that I had ever seen, amazing. The pack was off once again.

We were approaching Kendall and I was still hanging on with the average speed being about 22 mph. The dreaded hills of "D" Avenue were coming up. Then it happened. Just west of Kendall I could not hang with the pack any longer, so I fell back and let the pack go and slowed to a pace I could manage back to K-Central. I had survived about 35 of the 46 miles of the "Hammerfest". I continued at my own pace and caught up with another rider off the back. We worked together and finished the "Hammerfest" feeling good but very tired.

This ride is not for everyone, but I found this particular installment fun and I'll try riding "Hammerfest" again. Maybe I'll do better on the next try or maybe I'll be dropped sooner, but it will still be fun.

KBC genuinely thanks our Race Team sponsors and encourages our members to thank these fine businesses personally.



How to Ride in a Group

By Franklin Prosser, LAW Effective Cycling Instructor

Riding a bicycle in a group can be one of life's most enjoyable activities. Cycling with friends, traveling rapidly and safely with confidence in your companions, is a joy. However there is a certain cycling etiquette, or rules of the road, of which you should be aware whenever cycling in a group.

Be Predictable Group riding requires even more attention to predictability than riding alone. Other riders expect you to continue straight ahead at a constant speed unless you indicate differently.

Use Signals Use hand and verbal signals to communicate with members of the group and with other traffic.

Give Warnings Warn cyclists behind you of changes in your direction or speed. To notify the group of a change in path, the lead rider should call out "left turn" or "right turn", in addition to giving a hand signal. The lead rider should announce the turn well in advance of the intersection, so that members of the group have time to position themselves properly for the turn.

Change Positions Correctly Generally, slower traffic stays to the right, so you should try to pass others on their left. Say "on your left" to warn the cyclist ahead that you are passing. If you need to pass someone on their right, say "on your right" clearly. It's better to pass on the left if possible.

Announce Hazards When riding in a group, most of the cyclists do not have a good view of the road surface ahead, so it is important to announce holes, glass, gravel, grates and other hazards. Indicate road hazards by pointing down to the right or left and by shouting "hole", "bump" etc.

Watch for Traffic Coming from the Rear Even when you are occupying the proper lane position, it often helps to know when a car is coming. Since those in the front cannot see or hear traffic approaching from the rear, it is the responsibility of the riders in the back to inform the others by saying "car back". Around curves, on narrow roads, or when riding double, it is also helpful to warn of oncoming traffic by saying "car up". Better still would be "car ahead".

Prevention and treatment of bicycling injuries

At the 7 May meeting, Jason Halverson gave a nice talk on the prevention and treatment of bicycling injuries. In summary, injuries can occur catastrophically or through over use.

To manage sprains/strains Jason recommends quick and proper evaluation, ICES (Ice, Compression, Elevation, and Support), along with proper rehabilitation.

To manage chronic injuries Jason recommends reduction of pain and inflammation with NSAIDS (aspirin or motrin), modalities (padding), proper rehabilitation, and that the cause be addressed.

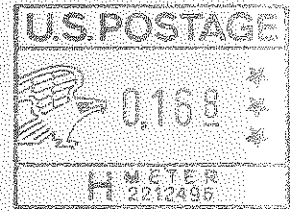
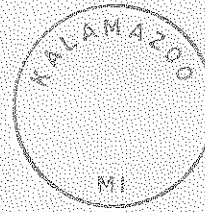
In all cases Jason stressed proper evaluation and treatment. He also says to rest the injured site, i.e., stop doing the act that causes injury. However, he stressed that fitness should be maintained by exercising with the parts of the body that are not injured. Use upper body workouts when the lower body is injured.

- Mike Higgins



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

BULK RATE



ADDRESS CORRECTION REQUESTED

*****expires 97/01
 Phil & Jini Caruso
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 Parchment MI 49004

KBC OFFICERS

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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
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 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