

## Iron Couple

We extend heartfelt (and legfelt) congratulations to Glen and Andrea Kellam who both qualified for the 1996 Hawaii Ironman Triathlon at the Chicago Triathlon last month.

To qualify at all is an accomplishment. For husband and wife to do so together is terrific. We tip our helmets.

## Plan Your Fall Tours

Summer is slipping by faster than ever, so now seems like a good time to offer a little information about the various fall tour classics, which start just after Labor Day.

All these tours generally cost about \$12, and some have family rates. None have memorable food—it's the usual fruit and cookies—except the Apple Cider Century which has a good spaghetti dinner.

Up first and closest to home is the Vineyard Classic, which is September 8, in Paw Paw. This is a good ride on very sparsely traveled roads, almost exclusively in Van Buren County. You can register the day of the ride. Routes are 25, 40 and 62 miles, and two or three hundred people show up. Call 657-5672

Next is the Cereal City Century, September 15. Take I-94 east to exit 100 (Beedle Lake) and go south two miles to Harper Creek High School. You can't miss it. This is the flattest century I've ever seen, so it's great for trying a first century or some sort of speed record. This one has a nice lunch stop in Marshall, and routes of 25, 40, 60 and 100 miles. Maybe eight hundred or a thousand riders show up. Call 616-963-5334

After an off week comes the Apple Cider Century, a truly amazing event. At least eight thousand riders descend upon the high school in Three Oaks, Mi., which is just east of I-94 about mile 10 in Berrien County. This is the biggest tour in the Midwest, and generally has 25, 50, 75 and 100 mile routes. The routes are loaded with riders. It's practically impossible to be out of sight of other cyclists, even on the century route.

Frankly, the roads aren't all that great, and it's the ambience which makes this tour special. If you've never been, you are missing out on something wonderful. They also

(Continued on page 4)

## Upcoming Events...

### August

- 10 Spring Valley Circuit Race, Spring Valley Park. Contact Dave Patrick at 382-5818.

### September

- 8 The Little Big Race, Fort Custer Recreation Area. Contact Brian Clissold at 324-1153.

## New Members

Kate Colantonio  
Julee Litchfield  
Tim Mallett  
David and Jesse O'Bryant  
Grace, Erin and Amanda O'Leary  
Ben, Andy, Michael, and Josie Patton  
Jim and Heather Ratliff  
Paul Stevens  
Aubree Wilson

## August Birthdays

Beatrice Ritchie  
Denny Morrison  
Grace O'Leary  
Greg Sackett  
James Cagle, Jr  
Jason Borgerding  
Julee Litchfield  
Kelli Huntsman  
Matt Rosendaul  
Matthew Wells  
Mike Gapp  
Patricia Buckert  
Scott Stevens  
Stephen Duniak  
Tim Mallett  
Tom Stevens  
Tyson Vonderfecht

## CLASSIFIED

**Miyata road bike**, 25 inch black frame; 12 speed, Shimano components; new chain & freewheel. \$125. Call Dale at 375-0114.

**Yakima roof rack**, gutterless, bike & ski attachments, \$175. Call Bill at 349-9562.

# August Rides

Finally some great weather for riding. We have rides scheduled to satisfy riders of all abilities. If you have not been to a KBC ride yet this year, you are missing out on some great fun. All evening rides begin at 6:30 PM in August unless noted otherwise. The Monday night recovery ride continues to be well attended with several riders in all three ride groups. The attendance at the Wednesday night ride continues to increase. The attendance at the Friday night ride has been disappointing this season but it is still a fun ride for those who attend.

## Saturday/Sunday

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

## 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 lead 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.

Mountain bikers, Mike Claffey and his 15 year old son Darryl lead a mountain bike ride Wednesday evenings 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.

## 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, Randy Putt, and Jeff Wetters will share ride leader duties. Even though this ride can split into more than one group the ride leaders will make sure that all riders finish the ride.

Think about being a ride leader. We can always use more help. No previous experience is necessary to become a ride leader. 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.

- Randy Putt

# August Calendar

1996

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
				<b>1</b>	<b>2</b> Tour de Gull Lake Billy's Bike Shop 6:30 18-21mph	<b>3</b> Saturday Ride KVCC 9:00
<b>4</b> Sunday Ride KVCC 9:00  Race Team Ride Water Street Coffee 9:30 20++mph	<b>5</b> Recovery Ride Texas Drive Park  6:30 10-15mph 6:30 16-18mph 6:30 19+mph	<b>6</b>	<b>7</b> Wed Night Ride Kazoo Central HS  6:00 20++mph 6:30 10-15mph 6:30 16-18mph  Mtn Ride-Ft Custer 6:30 All abilities	<b>8</b>	<b>9</b> Tour de Gull Lake Billy's Bike Shop 6:30 18-21mph	<b>10</b> Saturday Ride KVCC 9:00
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# June Fools' Day

by Axel Kleat

With the weather we get here, most years a cyclist needs a streak of foolishness to go riding on April Fools' Day. But the mercury generally makes substantial progress by the beginning of June, and though the spring of 1996 has been the slowest in memory, this year the first of June—June Fools' Day if you will—was not a day to be taken lightly.

So, fool that I am, I took full advantage. In the first place, it was a Saturday. In the second place, it was a cloudless morning and in the mid 60's by nine o'clock. Ergo, the tights stayed at home! So did the long sleeves. Just shorts and a jersey. Yes!!

I chowed down, hooked up with my favorite riding partner, and headed out into a light, early morning south breeze.

The lilacs were still so fragrant the perfume made me wobbly. The dogwoods wafted gently above the trillium and the irises and all sorts of other flowers I ought to know by name. The air was cool but the sun was warm. Perfect.

I've suggested before that autumn rides are the best rides of all, but now I'm not so sure. It was simply gorgeous. Until I change my mind next fall, the awakening of the flowers and the tree, with the promise of the summer right behind, outshines the brilliance of the fall.

The day was way, way too fine for a short ride, or even a medium one. The great outdoors, and those beautiful, almost deserted country roads beyond the county line beckoned. Before too long, we spotted the Decatur water tower to our right, a couple of miles north.

Still couldn't see any reason to turn around though, so we turned left, into a south wind that had kicked up enthusiastically, climbed a big hill, and spun fifteen more miles to Cassopolis, where we inhaled our second breakfast of the day in a truly all-American diner at the edge of Stone Lake smack in the middle of town.

Nearly everyone in the place looked over 50 and the conversation at other tables was of planting and tilling and first hay cuttings. We may as well have been from Mars, as shown by one woman who asked us, in plain view of our bikes, if we were enjoying our *motorcycle* ride.

\$6.00 and two large breakfasts later, we pedaled back past the huge, old homes near the century-old courthouse, and let the wind blow us back from whence we came. Big gears turned easily, and the hill south of Decatur was good for nearly 50 mph.

It clouded up in the last hour or so, just like the weather man predicted, and rained off and on. Not hard, just enough to bring to mind the hoary cliché that if you don't like the weather in Michigan, wait five minutes.

After eighty miles, riding in the rain—especially 80 degree rain—didn't seem foolish at all. It felt great! The real June Fools were the ones who slept in, listened to some cockamamie weather forecast, and stayed off their bikes.

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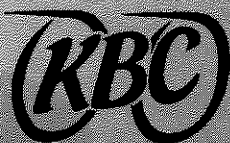
## *Plan Your Fall Tour (Continued from page 1)*

have great t-shirts and a good spaghetti dinner. It's likely sold out for this year, but I guarantee you won't be the only one there riding without a number. Just take your own food. Call 616-756-3361 for information.

My personal favorites are October 5<sup>th</sup> and 6<sup>th</sup>, the Sturgis Fall Color Tour on Saturday and the Turning Leaves Tour in Dowagiac on Sunday. Fabulous roads. Beautiful scenery, not too many riders. Lousy t-shirts and mediocre food, but so what? If you appreciate great riding, don't miss these tours. For Sturgis, call 616-651-5758.

I have no number for the Turning Leaves ride, but it's been going for years, and is put on by a northern Indiana cycling club. I figure that it'll be at Southwestern Michigan College, and that the Dowagiac Chamber of Commerce would have plenty of information.

- Doug Kirk



**KALAMAZOO BICYCLE CLUB**  
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### 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 ..... 382-5272

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Ride Line: Ann Johnson ..... 327-7767  
Weather Line: ..... 385-2121

### KALAMAZOO AREA BIKE SHOPS

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Billy's Bike Shop ..... 665-5202  
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## 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

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### 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