

If You Can't Ride You Might as Well Party

True to our word we found a spot for the 1996 Recovery Party. So mark your calendars and come out and join us at the University Road House, Saturday, January 18 at 6:00. We will be taking up part of the bar near the pool table, darts and foosball. Just the right atmosphere for a good recovery. There will be brews and eats for club members and friends. Come out and celebrate the "half-way through the off-season" mark and bring any pictures you have.

- Rose McKenna

Self Massage for Cyclists

Roger Pozeznic will speak about pre- and post race self massage at the Kalamazoo Bicycle Club meeting on 18 February 1997.

Roger is a well know local massage therapist and accomplished rider. In the past 10 years he has been a massage therapist or participant at numerous national and international sporting events. His most recent engagement was at the tennis venue at the 1996 OLYMPIC GAMES.

Roger has produced a video "Massage for Athletes" and written a book "Massage for Cyclists."

The time and location of the February 1997 meeting will be included in the February KBC newsletter.

- Mike Higgins

Upcoming Events...

January

18 KBC Recovery Party, University Road House, 6:00 PM.

February

18 KBC Meeting with guest speaker Roger Pozeznic, massage therapist, time and location to be announced.

What Pavement Marking?

Those of you with good short-to-medium term memories will recall that, two months ago, I spoke optimistically on these pages about getting some bike lanes painted on some City roads this past fall.

I am sorry to report that the people at the City who had given me such cause for optimism dropped the ball (or should I say *paint*) entirely and no striping was done this fall.

As far as I can figure it, the problem can be traced to three things: a little procrastination, resulting in leaves all over the roads and lousy weather.

However, I haven't given up hope for the spring, which leads me to one last point: in case the City fails us in the spring again, **ANYBODY OUT THERE** who has a line on **PAVEMENT PAINTING EQUIPMENT** please call me at 388-5045.

- Doug Kirk

Calm and Cool

by Axel Kleat

What an amazing day for riding today! It's late November and it's been a cool month. Today wasn't much of an exception, except that the thermometer did creep up to 40 degrees.

The sun was out most of the day, which was a big change, but some thin, high clouds blew in towards the end of the day, offering a chance at a great sunset. I thought maybe it'd be nice to see about getting in a few miles before dark, since it was certainly the nicest day all week.

So I hurried home, pondering what to wear, and making a few educated guesses before I headed out. The surprise occurred when I looked at the flag I always check for the wind.

No wind. Not a whiff, not a breeze, nary a breath. That flag was hanging as limp as those old Extralight tubes I keep pretending I'll patch some day.

So I took a spin downtown and peeked at the flags up atop out sprawling Kalamazoo skyline. Even way up there, not a ripple to be seen.

Suddenly, I wished I'd gotten out a couple a lot earlier. I realized it was a marvelous day for a good, hard ride. Definitely cool at 40 degrees, but the sunshine had me smiling and was warming up my backside. And the only wind was my own.

Work hard, and the wind I made for myself kept me cool. Sit up and relax, and the reduced pace dropped the wind chill to nothing. It was easy to stay warm, and easy to work hard without sweating. I jammed the windbreaker into my pocket and left it there.

Some days you just feel great, and this sure was one of them. I swear I'd have done a century if the time had allowed it. Hills? Cars? Bumps? So what? My legs were more than fresh—with the crummy weather we'd been having my quads felt ready to pull the entire Hammerfest.

I felt like I was somehow cheating, to be getting in a ride this nice this late in the year, I didn't care, and never have I loved this sport more.

As this story gets ready to be published, it's almost Christmas. There's lots of snow, the ground's trying to freeze, and yesterday the temperature stayed below twenty and the wind was frigid. The ride that prompted the story seems like it was months ago, not three weeks.

All of you out there, resolve now that when that perfect day happens next year, you'll seize it. You'll know it when it comes. Take it for all it's worth. Call in sick or something. There won't be another one like it.

New Members

Zolten Cohen
Penny Hanks
Greg Miller
Karrie Miller

January Birthdays

Paul Banner
Deborah Bauer
Jini Caruso
Alex Code
Brad Cosgrove
Mike Cutler
Brian Huntsman
Nancy Huntsman
James Jaksa
Martin Knop
Jeff Kokmeyer
Jim Luther
John Matheison
Erin O'Leary
Andy Patton
Heather Rattliff
Scott Steurer
Mike Teel
Bill Watt

Classified

Performance Peak Load
trainer with remote magnetic
resistance - \$120; Yakima
roof rack, gutter mount with
locks - \$60; Fuji Finest,
1970's, most parts - make
offer. Call 345-8373.

Get Involved, Please

by Dave DeRight

The federal Intermodal Surface Transportation Efficiency Act of '91--ISTEA--is due for reauthorization later this year, in the fall. Who knows what we'll get--the all-powerful highway lobby's threat to change things back to "highways for cars only" is very real. Hearings, etc., have been taking place across the country and will likely continue as Congress reconvenes this month.

This legislation is extremely important for alternative transportation groups such as bicyclists and pedestrians, which are working very hard to preserve and improve on a fundamental redirection of resources from the present wasteful interstate highway construction era to a more reasoned, sustainable, equitable, and cost efficient transportation system.

In other words, working to curb sprawl, manage congestion, improve air-quality, and restore livability to urban areas by providing transportation options that work. All of which is very complex and, unfortunately, political.

There are lots of special interest groups, most with lots more clout than bicyclists.

So, what can we do to get an improved ISTEA? A lot of things: write letters or call your elected officials, get the word out to others, learn about the organizations who are working on our behalf, and become more informed about ISTEA, transportation and land-use issues.

The League of American Bicyclists (LAB) and the Surface Transportation Policy Project (STPP), among many other like-minded groups, are working in unison and sharing resources to preserve the basic intent of ISTEA. All of these groups are in need of more resources and need your support.

If you are not currently a member of the LAB, please consider joining. At least make donation to this largest of all lobbying groups for bicyclists. Contact them at: phone 410-539-3399, fax 410-

539-3496, email BikeLeague@aol.com, or learn more at www.bikeleague.org.

So, what's the STPP? It's a large, broad-based national coalition of 150 like-minded groups. Its goal is:

"...to ensure that transportation policy and investments help conserve energy, protect environmental and aesthetic quality, strengthen the economy, promote social equity, and make communities more livable. We emphasize the needs of people, rather than vehicles, in assuring access to jobs, services, and recreational opportunities."

They have an excellent free monthly newsletter "Progress", a web page at www.transact.org, and a free weekly e-mail update "Transfer", all of which can help you become more informed on transportation issues and activities--much of which is very cutting edge. Contact them at: 1400 Sixteenth St., NW Suite 300, Washington, DC 20036. Phone 202-939-3470, fax 202-939-3475, email stpp@transact.org.

The League of Michigan Bicyclists (LMB) is our State counterpart and can always use more members. Dues are \$10 yearly. Call 810-547-3119. Join this fine group and get a great poster each year with information about nearly every tour in Michigan as a bonus.

What else can you do? The Kalamazoo Bicycle Club is the only local bicycle organization in the Kalamazoo area. It could use your help to advocate for better transportation options.

Recreational riding is KBC's chief area of interest. But if we become more involved and better organized, we could have correspondingly more clout in the decision-making process.

Contact Dave DeRight, Rose McKenna, Steve Vonderfecht, Doug Kirk, Tom Small, or any KBC Board member to get more involved in advocating for bikes

Thinking about Your Tax \$ Working

You may recall that in last month's issue, we wrote of an impending meeting to begin planning for non-motorized transportation improvements in the City of Kalamazoo.

The initial meeting was Thursday, Dec. 12, and about sixty people attended. The bicycling community was well represented, as was the City of Kalamazoo and a few other local groups.

To back up a bit, the City of Kalamazoo obtained a grant totaling \$130,000.00 of mostly federal ISTEAMoney to develop a model non-motorized transportation plan. The plan is theoretically to serve as a model for cities throughout Michigan.

In addition, part of the plan is to be a link between the Kal-Haven Trail and the linear park system developing in Battle Creek and heading west toward Kalamazoo along the Kalamazoo River.

The focus of the December 12 meeting was to break down into groups of eight to ten people and simply brainstorm about what developments the City should foster for non-motorized transportation.

The secondary topic was who else's opinions should be sought out (in other words, using the lingo of the meeting, identifying who all the *stakeholders* are) relative to non-motorized transportation in the City (e.g. walkers, bikers, disabled folks, inline skaters, various neighborhood organizations, etc.)

As you read this, the City is in the process selecting a professional planning concern to assimilate as much community input as possible (from this meeting and probably others,) and come up with a Plan. Just how elaborate a Plan remains to be seen, but with that kind of money, I think we non-motorized movers have a right to expect big things.

Which brings us to a big issue which comes up

repeatedly: where will the money come from to turn the Plan into reality? Right now, there are apparently no funds whatsoever for building, only for planning.

Many of those involved are optimistic that, once a Plan is in place, the money will be found. Only time will tell. In the meantime, stay tuned for next month's exciting adventure!

- Doug Kirk

Treasurer's Report Amendment

Amendment to the October 1995 to October 1996 Treasurer's Report. As of 10 December 1996, the following additional expenses were billed:

The KBC Hosted the Annual LMB Meeting.

1996 LMB Annual Meeting:

Food for meeting	-90.00
Ice for food	-5.47
LMB Annual Meeting	-75.00
LMB meeting brochures	-143.41
Meeting expense	-148.51
Meeting room	-207.00
Printing cost	-5.94
LMB paid 1/2 of meeting expenses	+450.00
Total 1996 LMB Annual Meeting	-225.33

Additional newsletter and operating costs.

Current Virtual KBC Account	+5470.86
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Little Big Race-1996	-22.00
Spring Valley-1996	-1,641.45
Race Team Entry Fee Reimbursement	-310.00
Race Team Expenses	-1,471.87
Virtual Race Team Account Balance	+4655.95

Current Club Accounts	
Checking	2,588.31
Savings	7,538.50
Total of both accounts	10,126.81



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

Bulk Rate
 US Postage
PAID
 Kalamazoo MI
 Permit # 1766

ADDRESS CORRECTION REQUESTED

Expires: 97/01
 Phil & Jini Caruso
 2301 Fairfield Ave.
 Parchment MI 49004

KBC OFFICERS

President: Gerry Blohm 375-8121
 Vice President: Rose McKenna 382-4318
 Treasurer: Mike Higgins 327-0387
 Secretary: Joan Kramlich 323-5343
 Race Team Representative: John Brady 668-3878

OTHER IMPORTANT NUMBERS

Database Manager: Jeanette Holm 385-5052
 Newsletter Distribution: Clayton Gallap 375-0265
 Newsletter Editor: Kathy Barrett 388-5045
 E-Mail barrettkl@aol.com
 Ride Captain: Randy Putt 649-1814
 Resident Curmudgeon: Axel Kleat Unlisted
 Ride Line: Ann Johnson 327-7767
 Weather Line: 385-2121

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
 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