

Pedal Press

The Newsletter of the Kalamazoo Bicycle Club, Inc.
February, 1997

KBC Recovery Party!!

If you were there, you know that the annual Recovery Party, which was Saturday, January 18, at the Road House on W. Michigan Ave. was a blast.

The atmosphere was festive, and lots of goodies were given away courtesy of our local bike shops. Bell's amber ale was the beverage of choice, and its effects were clearly evident: good cheer was everywhere.

An unfortunate no-show was Chris O'Leary, who thereby failed to receive his copy of *Half-Wheel Hell*, by Maynard Hershon. Chris was the winner of our contest two issues ago when he was the first to correctly identify Paul VanSweden as the local biking personality who was written up in the *Gazette* for showing up on his bike and being the very last person allowed to vote in the November general election.

An annual tradition at the Recovery Party is a discretionary award given by the immediate past President to the KBC member who has done the most for the club with the least recognition. This year the award went to **Dave Goldenberg** for his tireless efforts on the Flowerfest tour. Dave has signed on to repeat as the main man for organizing the tour again this year, and truly deserves our thanks.

Overall, though, the focus of the party was just what it should have been—a good time with a bicycling theme, and with bicycling as the common thread drawing everyone together. Those of you who weren't there, well I sure hope you had something truly terrific that kept you away.

See you again next year!

- Doug Kirk

Upcoming Events...

February

18 KBC Meeting with guest speaker Roger Pozeznic, massage therapist, Greater Kalamazoo United Way building, 709 S. Westnedge, 7:00 pm.

March

16 Safe Cycling Clinic, Prospert, Maple Hill Mall, 4:00 pm.

Safe Cycling Clinic

With the advancement in technology there's no reason to let the shorter daylight hours in the spring and fall curtail your riding. On Sunday, March 16 at 4:00 pm, Keith of Prospert will put on a safety clinic. Among the topics will be:

- * 97 Product Display
- * Effective Cycling - Night & Day
- * Helmet Sizing

The meeting will be held at Prospert in the Maple Hill Mall. Bring your helmet. Keith says he has plenty of pads to correctly fit your helmet free of charge. There will be refreshments served and plenty of information to help you get in those extra miles this year. See you there!

- Gerry Blohm

New E-Mail for KBC Editor

The KBC newsletter editor has a new e-mail address: kathyb617@aol.com. The staff welcomes all submissions to the newsletter, and e-mail is a great way to get those articles to us. Remember, the deadline for submitting articles is the 15th of February for the March issue.

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 at 7:00 pm. The meeting will be held at the Greater Kalamazoo United Way building located at 709 South Westnedge in Kalamazoo (just south of Dutton across from old Kalamazoo Central High School).

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." Both publications will be available at the meeting.

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New Members

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February Birthdays

Hal Brey
Terry Crow
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Doug DiJulio
Judy Gapp
Jean Gemrich
Claire Gushurst
Jason Machnik
Andrew McGucken
Greg Miller
Nick Morin
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Classifieds

Bike for sale, 18 speed Shogun. Call Rob at 668-5510 (office).

Wanted: used windtrainer or mag-trainer or fluidtrainer. I'd also consider an inexpensive set of rollers. If you haven't used them yet, you're not going to, so get them out of your way and let me store them for a while. Call Don at 342-4912.

Cabin Fever

by Axel Kleat

The snow's up to my thighs, the temperature's in single digits, and the wind chill's 'way below zero. I haven't ridden outside since that not-as-cold spell right after Christmas. It's a safe bet that the only people on bikes around here lately (and I've seen a few) don't have many other choices.

I can't get too excited about pushing—or pedaling—a bike through the snow. I tip my helmet to those hardy souls who get outside on their bikes at all this time of year.

Which brings me to a topic at the ragged fringe of our sport—cyclocross. Possibly you have never heard of it, and if so, don't feel too upset. I only became aware of this bizarre activity by pure luck a couple of years ago. That people are willing to spend their time this way just proves once again that truth is stranger than fiction.

I ran across an old friend—Steel Steve—on one of those lovely early fall rides. He was wearing an awful faded red jersey with what appeared to be a sponge sewed under the material atop the right shoulder.

Figuring that such stitchery was not the way Steve was likely to spend his evenings, and having absolutely no clue what the thing was for, I asked what the deal was with the shoulder sponge.

He tried to dodge the question and actually appeared embarrassed, but I finally pinned him down. He admitted, "it's a cyclocross jersey."

Which still didn't really answer my question, since I had no idea what cyclocross was. Steve tried to let on that he wasn't too sure either, but you know how sometimes you can tell when someone's not telling everything?

Eventually he revealed that cyclocross is a race where you bike when you can, and run—carrying your bike—when you can't.

In other words, it's a run-and-bike with a catch: you have to take the bike with you on the run since you never know when you'll have to ride it again for a while. The sponge, I finally deduced, was a feeble attempt to keep the top tube from wearing a divot in Steve's shoulder down maybe to his armpit as his bike bounces to the rhythm of his run.

I'd always thought that Steve was a pretty bright fellow, and it worried me that he could get caught up in such an endeavor. So I was heartened to hear him confess that he just bought the jersey because it was cheap.

What's more, he tried to give it to me, because that sponge had turned him into the butt of too many bad jokes. I wasn't surprised. The more I've learned about cyclocross, the very idea of it appears to be the product of a sick mind.

I always figured that runners were masochistic, but why would anyone in their right mind want to run around (usually in mud, or worse) carrying a bike on their shoulder, looking for a place to ride? Why not strap on some skis, or inline skates, or a kayak while they're at it?

How can they find people willing to engage in such deranged behavior? It's got to be cabin fever. You never hear of this sort of thing any other time of year.

Velonews always runs out of anything else to cover this time of year, and resorts to cyclocross coverage. Even *Bicycling* has a test of a cyclocross bike this month. It just goes to show the depths cyclists are forced into by the weather this time of year. Frankly, I'd risk freezing my butt just to watch those nuts sprinting through a few snow drifts around here shlep-ping their bikes on their shoulders—all the while looking for a patch of ground clear enough to ride.

Sure I'm having trouble facing the turbo trainer again this year. And yes, my big plans for the rollers are fading a trifle, just like last year. And while my friends imply that indoor riding is apparently driving me crazy, at least I haven't taken up cyclocross and removed all doubt.



KALAMAZOO BICYCLE CLUB
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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 Gallup 375-0265
 Newsletter Editor: Kathy Barrett 388-5045
 E-Mail kathyb617@aol.com
 Ride Captain: Randy Putt 649-1814
 Resident Curmudgeon: Axel Kleat Unlisted
 Ride Line: Ann Johnson 327-7767
 Weather Line: 385-2121

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