

# Pedal Press



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

## President's Letter

If you missed the Recovery Party you missed a good time, because a good time was had by all! Approximately 40 people showed up to enjoy the great food and festive atmosphere. There was an abundance of smiles, laughter and good conversation. It was a great way to start out the new year and it was truly a social gathering. I had fun!

I would like to thank a number of people who made this Recovery Party such a huge success. Their hard work and contributions helped make the party what it was. **Jeanette Holm** and **Rose McKenna** for doing all the dirty work of putting it all together. **Doug Stevenson** of Alfred E. Bike, **Paul Wells** of Breakaway Bicycles and **Ken Nowakowski** of Pro Bikes, Ltd. for their contributions used in the raffle. Also, I would like to thank The University Road House for providing such a fine gathering place, good food and good service. If I missed anyone I apologize and when you see these individuals tell them thank you and that you had a great time.

Every year a club member is selected for the Volunteer of the Year Award. Although we have a number of members who volunteer their services which are vital to the success of the club and it's events, we try to pick someone who's contributions stand out. Our award winner this year is **Dave Goldenberg**. Dave was our Flowerfest Director for the past year and has begun work for this year's event. He has done an outstanding job in promoting, organizing and securing sponsors necessary in making this club sponsored event successful. Congratulations Dave on a job well done!

We also had to take care of some business at the party. The attending members of the November membership meeting decided it would be advantageous to add two at-Large positions to the Executive Board. Since the current board has certain duties and responsibilities in conjunction with their titles they felt that these two at-Large positions could be used in areas that directly relate to the mission of the Kalamazoo Bike Club and its membership. With the growing involvement of the club in the community I feel this was a very good decision.

## Upcoming Events...

### March

- Saturday rides, Texas Drive Park, 11:00 am.
- Sunday rides, Texas Drive Park, 1:00 pm.
- 8 Executive Board meeting, University Road House, 4:00 pm.
- 16 Safe Cycling Clinic, ProSport, Maple Hill Mall, 4:00 pm.

### KBC Executive Board Meeting

Officers of the executive board will meet Saturday, March 8, 4:00 pm at The University Road House. Anyone wishing to present issues to the board should contact Rose McKenna 24 hours prior to the meeting to get on the agenda, time permitting.

Anyway, we had a vote to amend the Constitution to include these two at-Large positions to the executive board and it was passed. At the February executive board meeting we'll make a decision as to what areas we would like to fill these positions from and then present them to the members at the March general membership meeting. If you have any questions or suggestions as to what areas should be represented feel free to call myself or any of the executive board. We'll do our best to answer any questions.

Think Spring!

- Gerry Blohm

## Ride Calendar

It's early February and the roads are mostly dry, so, of course, my thoughts have been on riding. I have been out riding a few times this month and it felt great to be on the road again. Could Spring be just around the corner? The Club hopes to offer at least a partial weekly ride schedule in April as the weather permits. Look for details in the April Newsletter. We plan to continue the Monday, Wednesday, and Friday rides for the 1997 season.

The Monday Recovery Ride at Texas Drive Park will provide three ride leaders which should provide a pace (15-20 mile group at 10-15 mph, 20-25 mile group at 16-18 mph, and the 25-30 mile group at 19+ mph) to suit riders of all abilities. Mike Higgins plans to lead the ever popular Monday night Recovery Ride 10-15 mph group and Steve Vonderfecht plans to lead the 16-18 mph group. We need ride leaders for the 19+ mph group as well as subs for all three ride groups. The more volunteers the better.

The Wednesday ride meets at Kalamazoo Central HS. This ride consists of a fitness ride at 10-15 mph and a 16-18 mph group. We need ride leaders for this ride also.

The Friday ride meets at Billy's Bike Shop in Galesburg for the Tour deGull Lake and the pace varies depending on who shows up. Richard Walter and Randy Putt plan to share some of the ride leader duties for the Tour deGull Lake on Fridays. The route for this ride is well established so the ride leader job is easy. We do need additional ride leaders for this ride. It is highly desirable to offer multiple ride groups on Fridays also.

Nancy DeBoer plans to lead a mountain bike ride at Fort Custer in May. Stay tuned for details in upcoming newsletters.

Even if Mother Nature is only teasing, think Spring and cycling. Plan to meet at Texas Drive Park at 11 AM on Saturday March 8 for an impromptu ride if 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 you can, plan on meeting again on Sunday March 9 at 1 PM under the same conditions. These rides will be available on the weekends through March and April.

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. Details will be revealed in future newsletters.

We need additional ride leaders for all of the weekly rides, so please consider being a ride leader for a week, a month, the season, or any combination of the above. No experience is necessary, just the willingness to ride with a great group of people who enjoy riding their bikes. Please give Randy Putt a call at 649-1814 to volunteer or to get more information about being a ride leader. Hope to see you on the road this month.

### New Member

Jay Campbell

### March Birthdays

John Brady  
 Michael Branstetter  
 Mike Claffey  
 Dan Degen  
 Kelsey Harbour  
 Lindsey Harbour  
 Jeanette Holm  
 Terry Jackson  
 Karen Kakabaker  
 Susan Kissinger  
 Rose McKenna  
 Juliette Mott  
 David O'Bryant  
 Terron Smith  
 Scott Sykes  
 Rod Walters  
 Jim Wilson

### Classifieds

For Sale: 55 cm Giordana road bike, Columbus tubing, Shimano Ultegra STI, 7-speed. Asking \$675 — a steal. Call Scott Steuer, 383-6347.

### Help Wanted

Sales and technical positions available, experience a plus. Apply in person at Breakaway Bicycles, Romence at West-nedge.

# Education for the Legs

by Axel Kleat

I've been riding a simpler form of bike lately, and it's hard to think of when I've enjoyed a learning experience any more.

I've been riding a fixed gear bike. A bike with one gear and NO freewheel. If the back wheel's going around, so are the pedals. No coasting, but even more importantly, no picking the gear to fit the moment.

Been feeling that your spin could use a little work? Having trouble getting the RPMs high enough on your rollers? A few downhill runs on a fixed gear will wake those fast-twitch fibers right up.

Need a power workout? Just stay in the seat and crank it up a few hills. Or you can get both workouts on the flats—power the bike out into a decent wind, and spin like a banshee (or even like Paul) on the way home.

It's really a lot of fun. What's more, losing all those cogs, chainwheels, shifters, derailleurs, and maybe six inches of chain lightens the bike a bunch, so even your old bike suddenly feels great. Another plus is that the bike's a cinch to clean and maintain because it's so simple.

Without a doubt, a few rides on a fixed gear bike will teach you and your legs a lot, and quickly too. An occasional ride or two on a fixed gear is like getting a free coaching session.

You'll quickly smooth out your spin when sitting, but even more when standing. You'll learn real fast not to hesitate when you get out of the saddle (or sit back down). You'll learn to just relax your legs and let 'em whirl as you roll down hills at unimaginable cadences, and to power those cranks in strong, slow, smooth circles uphill.

All you need to put a fixed gear bike together is an old bike and about \$20.00, but there are two catches: the frame MUST have horizontal dropouts for the rear wheel, since sliding the axle back and forth is the only way to set chain tension, and the rear wheel has to be

threaded for a freewheel, not a cassette (otherwise you'll have to buy a track hub and the price goes up).

But if you've got the frame and hub covered, get a fixed-gear cog from your bike shop. Personally, I think a 16 tooth cog is just right. This threads on to your rear hub on the same threads the freewheel uses. Just screw the freewheel off and screw the cog on.

Then lock the cog on with a bottom-bracket lock ring (the dudes at the bike shop can do this in a jiffy). Cinch the cog on pretty tight.

Up front, ditch the big chainwheel all together (you may need shorter chainring bolts, or try reversing the chainwheel on the crank). Shorten up the chain, and adjust the rear wheel so it's centered between the chainstays and you can move the chain up and down an inch or so (if you grab it midway between the gears).

Right away you'll discover that you need to learn to click into that second pedal while it's going around, which takes a bit of getting used to. Then you learn that you can't coast whenever you want, which is the biggest adjustment of all.

But these are really good lessons. You'll learn a lot, and every bit of it will make you a better cyclist. Not a bad deal for \$20.00.

## Safety Clinic

Just a reminder about the Safety Clinic to be held on Sunday, March 16 at 4:00 pm at Prosport, Maple Hill Mall. Keith Little will be demonstrating cycling gear and lights to help you get in those extra miles this spring and ride safely while doing it. A general membership meeting will follow. I hope to see you there and I trust it'll be very informative. Bring your helmets!

- Gerry Blohm



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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  
 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**

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