


# Pedal Press



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

## President's Letter

The weather is finally starting to change for the better. It's time to start working towards those goals you set for this year. April brings a full ride calendar and I encourage you to join us. There should be a ride suited to your cycling abilities. If not, why not be a ride leader? It isn't that hard and you can set the pace and route to your choosing. Give our Ride Captain Randy Putt a call. He'll be glad to get you started with all the information you need.

The two KBC Executive Board at-large positions will be filled with an Advocacy Director and a Membership Director. The Advocacy Director will be involved in the non-motorized transportation plans of the city, and be a spokesperson for the club and the cycling community. Dave De-Right is the only nominee at this time to fill this position.

The Membership Director will be responsible for membership drives, sending packets to new members, making phone calls to welcome new members to the club, and explaining club activities and functions. At this time we're still trying to fill this position. If either of these positions appeal to you, give me or one of the board members a call. Remember, we need your help. The club is only as strong as its members.

**Last but not least, get out and join us for a ride!**

- Gerry Blohm

## KBC Board Looking for New Vice President

After careful consideration Rose McKenna will be leaving the Executive Board. After serving as Secretary, President and Vice President all in the span of two years, it is time to move on. (I'm tired and cranky and a little on the whiney side - some riding may change all that.) We are in the process of recruiting a new V.P. Anyone interested can call me (382-4318) and I'll be glad to answer any questions you may have.

- Rose McKenna

## Upcoming Events...

### April

12 Executive Board meeting, United Way Bldg., 709 S. Westnedge, 4:00 pm.

### KBC Executive Board Meeting

The next meeting of the KBC Executive Board will be Saturday, April 12, 4:00 pm at the United Way Building, 709 S. Westnedge Avenue, conference room B. Agenda items include a review of the Newsletter process and latest update on a club Jersey. Please come and give valuable input on what you would like to see in a club jersey!

To have items added to the agenda you must contact Rose McKenna (382-4318) at least 24 hours before the meeting. Time for additional agenda items is subject to availability, first come first served. Meetings run one hour. Come and join us!

- Rose McKenna

## Fun to be Had

We are trying to put the finishing touches on arrangements for a very intriguing and informative guest speaker for May. Doug Stevenson of Alfred E. Bike is finalizing the date and time to have Oakley/Mavic representative Scott Parr as a speaker.

Scott spent two years as a mechanic for Team Motorola and has all kinds of great stories and insights into the cycling world. He should be an exciting and fun speaker.

Rumor has it that a pair of Oakley frames will be raffled off to those in attendance.

- Gerry Blohm

## My God, Feedback

It's a first! The *Newsletter* editor received some actual feedback on last month's piece, Education for the Legs. It's good to know someone's reading.

What's more, it comes from a highly placed source, Ken Nowakowski, a Kalamazoo racer extraordinaire who recently returned after an absence of several years.

Ken, who has credentials that put mine to shame (I know, I know, faint praise—but stay with me here) informs the editor that one should **not** use a lock ring (or anything else) to lock the gear to the rear hub on that fixed gear bike you ran out and built after last month's story.

It's a safety issue, he says. If you happen to fall or for some other reason your feet suddenly stop or slow, Ken says you want that fixed gear to be able to unthread so that, for example, if you fall and your leg is pinned, the momentum of the rear wheel doesn't necessarily try to keep spinning your legs around.

Frankly, I think this is less of an issue in this era of clipless pedals. Also, a lock ring might be a good idea until you get used to a fixed gear because at first you **will** forget to pedal from time to time, and whenever you do, you give the gear the opportunity to unscrew itself. Much of this will mess up those fine, soft, aluminum threads on your hub.

But Ken's point is a valid one, so I want to pass it on. And if any of the rest of you want to call me on the carpet, or even say something nice, the editor knows where to find me.

- Axel Kleat

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## February General Membership Meeting

On February 18th, the KBC hosted Roger Pozeznik, a local massage therapist, triathlete and avid golfer (lately). He spoke to a sizable group of cyclists about pre- and post-event self massage, as detailed in his book "Massage for Cyclists."

In addition, Roger has produced a video "Massage for Athletes" that was reviewed in the magazine "Inside Triathlon" a couple of years ago. Over the past 10 years, he has been a participant at numerous national and international sporting events with his most recent engagement at the tennis venue for the 1996 OLYMPIC GAMES.

It was a very entertaining meeting since he was able to relate some of his other experiences while working as a soigneur for the Saturn Cycling Team and a therapist *en route* for famous RAAM participant, Gerry Tatrai.

- Bill Watt

## New Members

Terry Hutchins  
David Hageman  
Janis Hageman  
Aimee Hageman  
Bryan Hageman  
David Kinsey  
Rick Whaley

## April Birthdays

Kathy Barrett  
J. Allen Barber  
Megan Bauer  
Dave DeRight  
Ann DiJulio  
Sue Goldenberg  
Janis Hageman  
Ed Mazurkiewicz  
Colette McGucken  
Sarah Renstrom  
Rollin Richman  
Daniel B. Smith  
Chris Stevens  
Michele Webster  
Molly Wells

## Classifieds

**For Sale:** Two pairs of rear panniers and 2 rack duffel bags; 1 set red, 1 set blue. Used once. \$75 each set. Call 385-2325.

**Help Wanted:** Sales and technical positions available, experience a plus. Apply in person at Break-away Bicycles, Romence at West-nedge.

## An Invitation to Ride

One of the primary functions of KBC is to offer an opportunity for club members to participate in group rides with other club members. During the 1996 riding season only about half of all KBC members rode in a scheduled club ride.

KBC offers road rides for casual riders, families, tourists, fast tourists, and racers. KBC also offers mountain bike rides for riders of all abilities. If you are a KBC member, try one of our rides. There are KBC rides suited for you. KBC offers regular rides from 10 to 30 miles at a variety of ride paces.

We also offer longer weekend rides. If you have never ridden in a group, one of the KBC weekly rides is a great way to get started. Riding with a group is great fun. Kalamazoo county is blessed with many good low traffic roads that are suitable for group cycling. If KBC does not offer a ride that suits your needs, give any KBC board member or the ride captain a call and volunteer your services to lead a new ride. We will more than happy to get you started.

You do not need an expensive bicycle or clothes to ride with KBC. We do, however, recommend wearing cycling shorts, bringing a water bottle, cycling gloves, a pump, a tube patch kit or a spare tube, and tools (especially tire levers to remove a flat tire) for minor adjustments or repair along the road.

Flats and other mechanical breakdowns do happen on occasion while riding. If you have never changed a tire on the road, there will be someone on the ride to assist you. **WE DO REQUIRE THAT ALL RIDERS WEAR A BICYCLE HELMET.** This requirement is a matter of safety and common sense.

- Randy Putt

## How to Lead a Club Ride

Ride leaders play an important role in our ride program. There is room in our monthly ride schedule for any ride. Leading a ride is your opportunity to share your cycling pleasures with the club. It is our opportunity to learn from your experience.

There are nine easy steps in leading a ride:

1. Call the ride captain (Randy Putt) at 649-1814 and volunteer to lead one of our regularly scheduled rides or propose a ride of your own (newsletter deadline is the 15th of the month prior to the scheduled ride; for example, the deadline for the May ride calendar is April 15),
2. Provide a map of the ride route,
3. Arrive at the starting place of the ride at the scheduled day and time,
4. Have all riders sign the release form (available from the ride captain) as they arrive,
5. Hand out maps after the rider has signed the release form,
6. Make needed announcements about the ride,
7. Make sure new riders feel welcome,
8. Make sure riders stay with the group, especially the slower riders,
9. And most importantly, have a great ride.

If you have any questions about ride leader duties or you would like to lead a ride, call the ride captain at 649-1814.

- Randy Putt

# April Rides

by Randy Putt

The weather has warmed a bit, and riding outside again has become a reality. The Club plans to continue Saturday and Sunday rides in April. These rides begin at Texas Drive Park at 1 PM on Saturdays and Sundays in April as long as the weather cooperates. Those who show up can decide the route for the day.

The Monday Recovery Ride at Texas Drive Park will be lead by Steve Vonderfecht, Paul Guimond, and Randy Putt in April. Riders of all abilities are welcome. The ride will begin at 6 PM and go for 20 to 30 miles at an early season pace. I hope to see you there.

The Wednesday ride meets at Kalamazoo Central HS at 6 PM and will be lead by Harold Gleaves in April. Enjoy the rolling hills of northwest Kalamazoo County for a ride of about 20 to 30 miles at 16-18 mph. We need additional ride leaders for this group.

Also, a fast group 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 (more than 15 riders) and consists of racers and other experienced riders. There is no designated ride leader. The group often fragments into smaller groups and the riders may not finish together. This ride is hard and is not suitable for inexperienced riders. Some riders can 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.

The Friday ride meets at Billy's Bike Shop in Galesburg at 6 PM in April for the Tour de Gull Lake. Billy's Bike Shop has moved to a new location across the street. The route for this ride is well established (about 27 miles) and will be proceed at an early season pace. Randy Putt and Richard Walter share ride leader duties in April. We do need additional ride leaders for this ride in the upcoming ride season.

Hey you mountain bikers, I know there are a lot of you out there!!! Are any of you interested in weekly mountain bike rides? Meet Nancy DeBoer at the trail-head in Fort Custer for a mountain bike ride beginning

Tuesday May 6 for the first three Tuesdays in May. Riders of all abilities are welcome, so come out and have some fun.

A full Monday schedule will begin in May with three ride leaders which should provide a pace to suit riders of all abilities. Mike Higgins will lead a group for 15-20 miles at 10-15 mph, Steve Vonderfecht will lead his group at 16-18 mph, and Larry Kissinger, Paul and Anne Guimond will lead rides the 18+ mph group. John and Bev Thome plan to sub as needed. We need additional ride leaders to help with the Monday rides.

The Wednesday ride meets at Kalamazoo Central HS and the full ride schedule will start in May. A fitness ride for 10-15 miles on the Kal-Haven Trail will be lead by Chris Walters. This is her first try at being a ride leader, so plan to join Chris in May for the fitness ride on the Kal-Haven Trail. In addition to the fitness ride, enjoy the rolling hills of northwest Kalamazoo County for a ride of about 20 to 30 miles at 16-18 mph. We need additional ride leaders for this group. We also need ride leaders to sub for Chris on occasion.

Also coming in May will be a special treat. Phil and Jini Caruso are back to lead an occasional ride. The pace will be 10-12 mph, so bring your families. Stay tuned for details.

A special thanks to all the ride leaders. Without you the rides would not take place.

We always need ride leaders for the regular club rides or to establish new rides—road or mountain. If anyone is interested in leading an established KBC ride, or any other ride, please contact me. Plans for club rides need to be sent to me by the 10th of the month preceding the month of the ride so that ride details can be included in the newsletter. We would like to establish regular weekend rides and welcome any suggestions on types of rides, locations, and times. Think about being a ride leader for a day, week, month, the season, or any combination of the above. Please call me, Randy Putt, at 649-1814.

# April

1997

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>30</b> Group Ride Texas Drive Park  1:00 Self-paced	<b>31</b>	<b>1</b> 80 degrees and sunny all day long!  HAPPY APRIL FOOL'S DAY!	<b>2</b> Wed Night Ride Kazoo Central HS 6:00 20++mph 6:00 10-15mph 6:00 16-18mph	<b>3</b>	<b>4</b> Tour de Gull Lake Billy's Bike Shop 6:00 18-21mph	<b>5</b> Group Ride Texas Drive Park  1:00 Self-paced
<b>6</b> Group Ride Texas Drive Park  1:00 Self-paced	<b>7</b> Recovery Ride Texas Drive Park 6:00 10-15mph 6:00 16-18mph 6:00 19+mph	<b>8</b>	<b>9</b> Wed Night Ride Kazoo Central HS 6:00 20++mph 6:00 10-15mph 6:00 16-18mph	<b>10</b>	<b>11</b> Tour de Gull Lake Billy's Bike Shop 6:00 18-21mph	<b>12</b> Group Ride Texas Drive Park  1:00 Self-paced
<b>13</b> Group Ride Texas Drive Park  1:00 Self-paced	<b>14</b> Recovery Ride Texas Drive Park 6:00 10-15mph 6:00 16-18mph 6:00 19+mph	<b>15</b> HAVE YOU PAID  YOUR TAXES  YET????	<b>16</b> Wed Night Ride Kazoo Central HS 6:00 20++mph 6:00 10-15mph 6:00 16-18mph	<b>17</b>	<b>18</b> Tour de Gull Lake Billy's Bike Shop 6:00 18-21mph	<b>19</b> Group Ride Texas Drive Park  1:00 Self-paced
<b>20</b> Group Ride Texas Drive Park  1:00 Self-paced	<b>21</b> Recovery Ride Texas Drive Park 6:00 10-15mph 6:00 16-18mph 6:00 19+mph	<b>22</b>	<b>23</b> Wed Night Ride Kazoo Central HS 6:00 20++mph 6:00 10-15mph 6:00 16-18mph	<b>24</b>	<b>25</b> Tour de Gull Lake Billy's Bike Shop 6:00 18-21mph	<b>26</b> Group Ride Texas Drive Park  1:00 Self-paced
<b>27</b> Group Ride Texas Drive Park  1:00 Self-paced	<b>29</b> Recovery Ride Texas Drive Park 6:00 10-15mph 6:00 16-18mph 6:00 19+mph	<b>30</b>	<b>1</b> Wed Night Ride Kazoo Central HS 6:30 20++mph 6:30 10-15mph 6:30 16-18mph	<b>2</b>	<b>3</b> Tour de Gull Lake Billy's Bike Shop 6:30 18-21mph	<b>4</b>

# March Madness

by Axel Kleat

**T**hey called yesterday. Everyone's going out at noon tomorrow. All the strong riders are coming, I'm told, it's March, time to start getting in those base miles. Nobody's going too fast, just a nice steady pace for maybe three hours.

Me? I'm ready. This time of year, I'm itching for a ride—especially a ride with a nice group. The thought of facing the rollers one more time is more than I can bear.

You bet I'll go! So what if it's still in the mid-thirties this morning? We'll warm up fast. Get a nice moderate pace line going, take a few pulls, but mostly sit in the pack, out of the wind, and just spin till it's my turn at the front.

The weather turned sunny yesterday afternoon, and it got up close to forty-five degrees late in the day. Today it's cloudy but dry in the morning, so I run around to get all those things done that just gotta be done. The sun's thinking about burning through those nasty gray clouds, I can just tell.

About eleven-fifteen, I start packing down a good lunch. Going to burn some calories out there.

Then come the layers: wool socks, shorts, tights, long undershirt, jersey, arm warmers, shoes, booties, hood, helmet, gloves and more gloves. My range of motion is down a good fifty percent.

Oops! Don't forget some food. It's bad enough to get cold, but cold and hungry's worse. A lot worse. And a water bottle—it may be chilly, but I should drink all I can.

Once again I notice how quick I can work up a sweat pumping up tires right after wiggling into twenty different pieces of lycra.

Okay, I'm pretty sure I've got everything. And I sure am warming up! Out the door I go. **Burr!** Well, I *was* starting to warm up. I must be nuts. Can't forget the ten minute rule—I'll be warm after riding ten minutes—if I dressed right!

I must be out of my mind. This is proof positive of a true addiction problem showing up here, don't ya know? Do they have twelve-step programs for bicyclists? Shouldn't the bike club have a hot tub waiting for us on days like this?

I click in and actually get to the edge of the driveway before reality intrudes. A rain drop? It can't be! It is!! *It's starting to rain.* Misting really. It's just starting to make the pavement look a little wet. Unbelievable!

And when I look up at the sky, I know. It's not stopping real soon either.

Well, I gotta draw the line somewhere. I might be crazy enough to go out for three hours when it's thirty-five degrees, but I'm not going out in thirty-five degrees in the rain.

Maybe I don't need a twelve step program after all.

*...facing the rollers*

*one more time is*

*more than I can*

*bear...*

## First Spring Tours

Our mail this month included an entry form for the first organized tour in southwest Michigan each year—the Blossomtime Metric Century, May 4, 1997.

Always the first Sunday in May, this ride is just gorgeous if the weather cooperates (and it often does) so that the fruit trees are in full bloom.

The ride starts and ends at Andrews University, located in Berrien Springs, just over an hour away, about half way between Niles and St. Joseph.

May weather being as unpredictable as it is, I recommend registering the day of the event, which costs \$15 instead of \$11.

This tour uses many of the same roads as the Apple Cider Century, but is much smaller—the size of Flowerfest or the Cereal City Century. The last food stop features hot potato soup that is highly recommended.

Contact the Berrien Bike Club for more info, P.O. Box 891, Niles, MI. 49120. Phone 616-684-4621.

You might also want to mark your calendar for the twelfth annual Kal Haven Trailblazer the following Saturday, May 10. Ride the roads or the trail itself for as much or as little of the route as you like.

Over the years this ride has featured all sorts of weather. I remember one year with temperatures about 90, and another year when the wind shifted half way through so it was headwind almost all day.

If the weather's dry, even road bikes can ride the trail.

- Doug Kirk

## DALMAC

Last year, I wrote what I thought was a nice article espousing the merits of Michigan's premier bike tour, DALMAC, which goes from Lansing to St. Ignace the last four or five days (your choice) before Labor Day.

The result was the smallest turnout from the Kalamazoo area that I'd seen in years.

Maybe my mistake was failing to let you know that DALMAC raises incredible amounts of money for Michigan biking causes. This tour actually donated \$66,510.00 just in 1996! The list of worthy causes includes the Michigan Mountain Biking Association, the Top of Michigan Trails Council, and Rails-to-Trails (Michigan Chapter).

This ride caters to all abilities. People in their 60's and 70's return year after year. Children under ten do it. Yet the famed Wolverine Bike Club has a contingent every year.

DALMAC has also donated thousands of dollars to the Kal-Haven Trail over the years.

So this year, I'm telling everyone to stay home. Go ahead, miss this great ride. No doubt you can come up with something more fun and worthwhile to do. Just leave DALMAC to those of us who know a great ride.

But if you really do want to go, either contact the Tri-County Bicycle Association, 517-339-1758 in Lansing, or call me at 388-5045. I should have a spare application.

Sign up as early as you can. This tour does fill up as a rule.

-Doug Kirk



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98/02  
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 Parchment MI 49004

**KBC OFFICERS**

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 Vice President: Rose McKenna.....382-4318  
 Treasurer: Mike Higgins.....327-0387  
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 Race Team Representative: John Brady.....668-3878

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 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 BOX 50527, KALAMAZOO MI 49005