


# Pedal Press



## President's Letter

Wow! What a busy and exciting day May 10 turned out to be. With the membership drive at the Kal-Haven Trailblazer and the Safe Kids Coalition it was non-stop action.

It's too early to tell what the final results will be, but we handed out 75 membership forms, 16 KBC Newsletters, and 55 Flowerfest brochures. All were marked to keep track of how successful we were.

I'd like to thank the entire Kal-Haven Trailblazer organization for allowing us to have our membership drive during their tour. It was great exposure. Also, I'd like to thank Steve Vonderfecht, Paul Banner and Jeanette Holm for volunteering their time.

The Safe Kids Coalition was a tremendous and very satisfying experience. The kids were terrific and I had a great time. Some things make life worthwhile, and this sure was one of them. Many thanks to Terry Crow and Larry Kissinger for their help.

Now we turn our attention to the Flowerfest Tour. Things are coming along nicely but there's still a tremendous amount of work to do. We need a strong volunteer base to make this event successful and it's KBC's major fundraiser for the year.

We'll be calling and asking you to volunteer. I bet you could spare some time to help out, and we sure could use it. There are several different varieties of work to be done, probably one of them would work just fine for you.

Last, a word or two to Axel Kleat, who wrote last month about a really big wind. I too was out in that wind, and I won't soon forget it! But how about some practical advice for us—such as what to do if you're on a ride far from home (like I was at the Blossomtime Tour) when you reach for your water bottle after half an hour or so and discover you left it at home!!!

- Gerry Blohm

## Family Fun Ride Set For July 5

KBC invites you to attend the Saturday Family Fun ride in July. This ride will be led by Phil and Jini Caruso on Saturday July 5 at 2 PM from Schoolcraft High School. There will be three loops ranging from 5 to 12 miles. Phil and Jini will ride at about 10 mph and would especially like to invite families and kids to ride. Phil and Jini are experienced riders and great ride leaders. If you have not ridden with a group before, this ride is a great way to start. Mark July 5 on your calendars for the Saturday Family Fun Ride.

—Randy Putt

## KBC Newsletter Editor gets 20 lashes!!

Yes, it's true, your poor, long-suffering Newsletter editor has been the sorry recipient of twenty lashes with one of Paul's shot sew-ups for erroneously reporting last month that the Wednesday Hammerfest start time would move to 6:30 in May along with the other Wednesday rides at Central High School. So Sorry!

The Hammerfest continues in all its sweaty, anaerobic glory at the traditional 6:00 p.m. time.

- Doug Kirk

## Classifieds

**For Sale:** 1991 Cannondale road bike. 48 cm—very small frame. Teal blue. Less than 100 miles. Like new. Many extras. 14 speed. \$375.00. Call 327-1641.

**For Sale:** Thule roof rack, 1 year old—does not fit my new car, includes gutter feet, 50 lb. load bars, fairing, 6 lock set & Ultimate/Upright bike carrier. \$200 OBO. Call 342-0438 and leave message.

## Upcoming Tours and Things

**100,000 Meter Ride**, June 7, Grand Ledge, by Tri-County Bike Association. Phone 517-339-1758.

**National 24-hour Challenge**, June 14-15, Byron Center. This event is gradually gaining a national reputation and is just what the name implies—see how far you can bike in 24 hours. Sponsored by the Rapid Wheelmen, from Grand Rapids. Phone 616-241-1969 for details.

Several local hammerheads have ridden this event over the years, including Paul “The Animal” Guimond, Berta “The Hammer” Fischer, and Ed “The Legs do the Talking” Maring. All talk about the mental challenge of keeping it together at night after riding hard all day.

Everyone does one big loop of about 130 miles, then multiple circuits of a 25 mile loop till dark, then a pretty well lit 5 mile loop all night long. You can quit whenever you want.

You’ll see riders ranging from those simply out for a good time to some of the most serious marathon cyclists in the country. I **think** the record stands at 455 miles, which my calculator says is 19 miles per hour **including** stops. Wow! My tush would be mush!

— Doug Kirk

## Weather great for Early Spring tours

Both the Blossomtime Tour and the Kal-Haven Trailblazer tours were blessed with great weather this year. It’s been a cool spring, and certainly no one was sweating themselves into dehydration at either one of these early classics.

But both days were cloudless and the sunshine more than made up for temperatures in the low 50’s. Actually, I figure 55 degrees is just about perfect. The fabulous hot chocolate and hot potato soup at the Blossomtime ride really hit the spot—especially when there’s still an early morning nip in the air.

That soup keeps me going back year after year. Take it from me, it tastes even better if it’s raining.

Even the Trailblazer had great food this year. The chocolate chip cookies tasted like someone’s mother slaved over them. The best ones were gone by the third stop, though, so I only got eight or so! And a vegetarian sloppy-joe dish at the main stop in Bloomingdale had everyone raving. I only hope they cook up more of the same next year.

—Doug Kirk

## New Members

Steve Branch  
 Connie Branch  
 Brian Germain  
 Christopher Glass  
 Tim Hodges  
 David Johnson  
 Kathy Johnson  
 Matthew Johnson  
 Stephanie Johnson  
 Michael Walsh  
 Kathleen Walsh  
 Tyler Wetters  
 Dale Gruber  
 James Peter  
 Bob Roschmann  
 Sally VanBuren  
 James VanBuren  
 Sharon Whitcomb  
 Kristyn Whitcomb  
 Heather Whitcomb  
 Ken Whitcomb  
 Emily Whitcomb  
 Gerren Young  
 Roberta Young  
 Keith Young  
 Glen Young  
 Amanda Young

## June Birthdays

Alyce Brady  
 Phil Caruso  
 Kate Colantonio  
 Rosanne Degen  
 Toni Fuentes  
 Jeannette Greselin  
 David Hageman  
 Kent Kiser  
 Erwin Maier  
 Carrie Miller  
 John Mott  
 Vincent Odenwaller  
 Joan Orman  
 Steve Patrick  
 Jim Ratliff  
 Leigh Smith  
 Sally VanBuren  
 Carolyn Vonderfecht  
 Nate Walters Ted Walters  
 John Webster  
 Jeff Wetters  
 Kristyn Whitcomb  
 Jeremy Witt

## Flowerfest, in Full Bloom Again for 1997

While the weather so far hasn't been the best for plants and spring biking, at least the clouds have stayed away from the 1997 Flowerfest Bike Tour.

This year Flowerfest Tour has managed to attract two national sponsors. Northwest Airlines has signed on as the official airline and Snapple has willingly agreed to be the official beverage. In addition to these sponsors we have some fine local sponsors such as Portage Cleaners and Laundry, Bronson Health Care, MacKenzies' Bakery and The Bryer Patch. Plus, let's not forget the help of our local bike shops.

This year Flowerfest is combining its marketing with the promotion of the Holland Hundred. The goal for both rides is to maximize the number of pre-registrations to ensure that the rides go as smoothly as possible.

While the above are good ingredients to start the Flowerfest Bike Tour, there is still one more component needed to make it a success: **volunteers**.

We know many of you want to ride not just the Flowerfest, but also the Holland Hundred. Still, there is plenty we need to do to make the Flowerfest work, and a lot of it needs be done before the ride. So, if you can spare just a few hours in the days before the ride, or on the day of the Ride, either before you ride or after you ride, you can contribute to making the Flowerfest Bike Tour one of the most enjoyable bike rides in Michigan.

There will be a volunteers meeting, Thursday, June 19, 1997, 6:30 PM, the United Way Building, 709 South Westnedge Avenue, Kalamazoo. If you cannot make the meeting but still want to volunteer, just call Dave or Sue Goldenberg at 668-5153.

## Vote in June on Amendment to KBC Constitution

This month, the general membership of the Club needs to vote on an amendment to the Club Constitution. Here's why. Volunteers for the Flowerfest Ride sponsored by KBC and to be held Sunday, July 20 have successfully obtained several great prizes to be raffled off at the Ride. Included in the prize list is a round trip plane ticket from Northwest Airlines.

But there's a catch. By State law, a non-profit organization may not hold a raffle without first obtaining a raffle license from the Bureau of State Lottery. This involves lots of paper shuffling: providing copies of our Articles of Incorporation, our Constitution, five years of the Club's bank statements, and a resolution from the City of Kalamazoo verifying that KBC is a non-profit organization.

Finally, we must provide proof that KBC has pledged its assets to the City of Kalamazoo in the event the Club ever dissolves. I am sure many of you can think of organizations, you would rather see Club assets revert to in the event the Club ever dissolves. Unfortunately, the lottery statute clearly requires that in order to be a bona fide service organization, and thus eligible to obtain a raffle license, an organization must have a provision in its constitution that any assets left after the organization dissolves revert for the benefit of the city in which the organization conducts its principal activities -for us the City of Kalamazoo.

Ride leaders will be polling Club members at Club rides during the second or third week of June to get your vote to amend the KBC Constitution by adding the following language:

### Dissolution

Upon dissolution of the Club, all assets, real property and personal property of the Club remaining after all debts of the Club are satisfied, will revert to the benefit of the City of Kalamazoo.

- Joan Root

# June Rides

by Randy Putt

Where is the warm weather? Maybe June will be better. Even though the weather has not been very friendly, the ride calendar has been in full swing during May and will continue into June. All evening rides will begin at 6:30 PM unless noted otherwise. The Monday night ride has been well attended the last several weeks with about 25 riders divided among the three groups. The Wednesday and Friday groups have been smaller but no less enthusiastic. Axel Kleat reports big turnouts for the Hammerfests.

The Sunday impromptu ride will continue in June. This ride begins at Texas Drive Park at 1 PM Sundays in June. KBC President Gerry Blohm plans to lead the ride at about 16-18 mph for at least 30 miles. So come on out, have a good time, and talk bikes with the Prez himself.

The full Monday schedule continues this month at 6:30 PM with three separate rides—with three separate leaders—which should provide a pace to suit riders of all abilities.

- 1) Mike Higgins will lead a group for 15-20 miles at 10-15 mph with assistance from Phil and Jini Caruso on June 9 and 16.
- 2) Steve Vonderfecht will lead his group for 20 to 30 miles at 16-18 mph.
- 3) Paul and Anne Guimond will lead the 18+ mph group for 20 to 30 miles. Larry Kissinger, and John and Bev Thome plan to sub as needed for the 18+ group.

We need additional ride leaders to assist for all three groups from time to time.

The Wednesday rides meet at Kalamazoo Central HS 6:30 PM and consists of two rides.

- 1) A fitness ride for 10-15 miles on the Kal-Haven Trail will be led by Chris Walters. This is her first try at being a ride leader, so plan to join Chris in June for the fitness ride on the Kal-Haven Trail. Phil and Jini Caruso plan to assist Chris on June 4, 11, and 25.
- 2) Enjoy the rolling hills of northwest Kalamazoo County for a ride of 25 to 30 miles at 16-18 mph lead by Harold

Gleaves with occasional assistance from Charlie Fuentes, Jim Wyrick and Bill Watt.

Also, the Hammerfest departs 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 typically fragments into smaller groups and the riders often 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.

The Friday ride meets at Billy's Bike Shop in Galesburg at 6:30 PM for the Tour de Gull Lake. Billy's Bike Shop has moved to a new location across the street from his previous location. The route for this ride is well established (about 27 miles). Randy Putt, Richard Walter, and John Thome will share ride leader duties. We do need additional ride leaders for this ride in the upcoming ride season.

There is a group of mountain bikers from Battle Creek who meet at 6:30 PM on Thursdays at the trailhead in Fort Custer. This ride is not sponsored by KBC, but I've been told that riders of all abilities are welcome. Call 962-7688 or 1-800-841-9494 for more details.

There is also a group of road riders which usually includes several tandems that meet at Team Active in downtown Battle Creek at 8:30 AM on Sundays. This ride is not sponsored by the KBC, but I've told that it is a fast paced hard ride and is not for beginning riders. Call 962-7688 1-800-841-9494 for more details.

A special thanks to the following people for volunteering to be June ride leaders: Jini and Phil Caruso, Anne and Paul Guimond, Sherry and Mike Higgins, Larry Kissinger, Bev and John Thome, Richard Walter, Chris Walters, Steve Vonderfecht, Harold Gleaves, Bill Watt, Charlie Fuentes, and Jim Wyrick.

# JUNE

1997

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1	2 Recovery Ride Texas Drive Park 6:30 10-15mph 6:30 16-18mph 6:30 19+mph	3	4 Wed Night Ride Kazoo Central HS 6:00 20++mph 6:30 10-15mph 6:30 16-18mph	5	6 Tour de Gull Lake Billy's Bike Shop 6:30 18-21mph	7
8 Group Ride Texas Drive Park 1:00 Self-paced	9 Recovery Ride Texas Drive Park 6:30 10-15mph 6:30 16-18mph 6:30 19+mph	10	11 Wed Night Ride Kazoo Central HS 6:00 20++mph 6:30 10-15mph 6:30 16-18mph	12	13 Tour de Gull Lake Billy's Bike Shop 6:30 18-21mph	14
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21 22 Group Ride Texas Drive Park 1:00 Self-paced	22 23 Recovery Ride Texas Drive Park 6:30 10-15mph 6:30 16-18mph 6:30 19+mph	23 24	24 25 Wed Night Ride Kazoo Central HS 6:00 20++mph 6:30 10-15mph 6:30 16-18mph	25 26	26 27 Tour de Gull Lake Billy's Bike Shop 6:30 18-21mph	27 28
28 29 Group Ride Texas Drive Park 1:00 Self-paced	29 30 Recovery Ride Texas Drive Park 6:30 10-15mph 6:30 16-18mph 6:30 19+mph	30 July 1				

# Turn, Turn, Turn

by Axel Kleat

**A**t the risk of giving away that I was around in the 1960's, this old folk-rock standard (with lyrics from the Bible) crept into my mind during an easy ride today.

To everything there is a season, and a time to every purpose under heaven. Where biking's concerned, there's a time ride, and a time to rest. A time to fly, and a time to die. Today was a time for going really slow. My wheels were turn, turn, turning, but none too quickly. The legs were tired, the body was tired, even the mind was tired.

And while the cranks and wheels were creaking ever so slowly around, my tired mind wandered aimlessly. If you're like me, you've solved problems, had fantasies, sung songs, made lists, rationalized behavior, vented spleens, and solved the earth's problems, all on your bicycle.

But I've noticed that this sort of intellectual hammering only happens when I'm taking it easy. Higher level brain function disappears entirely when I'm really working hard.

When I really crank up the pedals, I'd like to think I'm adding a rather substantial *brain* power into my *leg* power—really turning up the juice. But since I don't really go too much faster, I fear that the wattage upstairs might not light a decent string of Christmas lights.

Actually this brain function while riding business is a sliding scale. There's no set heart rate where my problem solving skills suddenly disappear. I can think about a few things (like dinner) and still keep up with most of the joggers I come across. But by the time the old ticker's pushing 180 or so, I suspect my IQ and my age are pretty similar.

It's a strange thing to write down on paper, but I have

to admit that I like having my brain so focused on this sort of physical suffering—on a bicycle anyway—that real thought processes are lost. It's mental vacation. It also sounds pretty masochistic.

The faster I ride, the more fun I have, but the more it hurts, too. But I love to go fast, and want dearly to go faster, and will happily pay the price of more pain just to do so. So I say it's not masochism if it really makes me happy.

What's more, the same thing happens for much longer chunks of time on long tours and century rides. I get so caught up in the event, the terrain and the weather, the other riders, the challenge of having to get wherever it is I'm supposed to end up that day or the next, and the pain/pleasure/sweat/freezing/tired/ache/joy of doing the ride that the rest of the world just disappears.

Some couch potato suggested that I could get the same result a lot more easily by settling down with a good book. Not so. A person reading a book lives vicariously. All the action is in the brain. The reader takes it all in, and maybe even thinks about it, pondering themes, motives, plot twists and characters. But doesn't do anything.

Reading's not too different than watching television—other than the quality of what's out there. But riding makes us participants. Doers rather than readers. Actors, not audiences.

Besides, on a bike, it's my ride. I get to decide what to think about, where to ride, when it's time to go home, or whether to let the cars irritate me.

Whether it's a time to turn, turn, turn those cranks, or a time to coast. A time to hammer, or a time to cruise. A time to think, or a time be brain-dead. A time for peace, my own peace, even if it makes me hurt like Hell.

## Still Really Important Stuff

Crunch time is coming right up on ISTEA funding. This is serious stuff. LOTS of money is involved and cyclists have to fight for our share. You can bet that the oil companies and highway groups are doing their darndest, so we must also. Copy the letter below and mail it to any or all these legislators. Or write your own. Send e-mail. Make phone calls. Do your part. Pretty Please!!!!

Senator Carl Levin  
459 Russell Senate Office Bldg.  
Washington, D.C.  
email: senator@levin.senate.gov

Senator Spencer Abraham  
329 Dirksen Senate Office Bldg.  
Washington, D.C.  
email: Michigan@abraham.senate.gov

Rep. Fred Upton  
2333 Rayburn House Bldg.  
Washington, D.C.  
email: talk2fsu@hr.house.gov

**The two key members of the Michigan delegation on the House Transportation and Infrastructure Committee Are:**

Representative Vern Ehlers  
1717 Longworth House Office Bldg.  
Washington, D.C.  
email: congehr@hr.house.gov

Rep. James Barcia  
2419 Rayburn House Office Bldg.  
Washington, D.C.  
email: jbarcia@hr.house.gov

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Dear Senator/Congressman:

Riding a bike should be fun and safe. Communities prosper when they offer children and adults healthy and secure transportation options. Yet traffic congestion and poor road design are keeping millions of people from enjoying their bicycles.

**We can do better.**

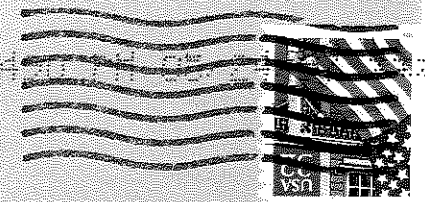
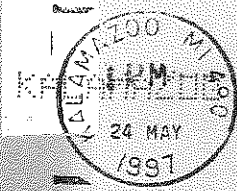
We ask Congress for the funding to provide **safe** places to bicycle, both on and off road. We need more trails, more bike paths, and more bike lanes. Keep good planning for bikes in the federal transportation law. Preserve funding—and add more funding—for bikes.

Sincerely,





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



**ADDRESS CORRECTION REQUESTED**

Phil & Jini Caruso  
2301 Fairfield Ave.  
Parchment, MI 49004

**KBC OFFICERS**

President: Gerry Blohm.....375-8121  
Vice President: Open  
Treasurer: Mike Higgins.....327-0387  
Secretary: Joan Root.....323-5343  
Race Team Representative: John Brady.....668-3878

**KALAMAZOO AREA BIKE SHOPS**

Alfred E. Bike.....349-9423  
Billy's Bike Shop.....665-5202  
Breakaway Bicycles.....324-5555  
Cycle Works & Sports.....353-7615

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

Pro Sport.....381-1253  
Team Active 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