

# Pedal Press



## President's Letter

I want to comment again on how great this community is for the athlete. I just participated in the Community Corporate Games track and field tourney. What a great time. Although the games are a mere shadow of their Heyday presence, I really enjoyed the experience.

I recommend that each of you look into participating next year. I spoke with someone new to the community and he just couldn't believe more people weren't interested in an event like this. It takes volunteers to run any good event, which leads me to the next topic.

We need volunteers for the KBC sponsored Cyclocross event on Oct 17th. If you volunteer you can race for free!

We also need volunteers for next year's Flowerfest tour and the proposed criterium to be held at WMU. And last but not least we need volunteers to help steer the club. We need executive board members. Please read the article this month about running for the KBC Board, and give it some thought.

As president, I know first-hand the pay won't put you in a new tax bracket. Besides, people refer to you as "Mr. President" which is pretty cool when you think about it. Call me for more details.

- Tom Cross

## October Events

**4th Turning Leaves Century** Southwestern Michigan College, Dowagiac, MI. Routes from 24 to 100 miles. Great, deserted roads. Phone 219-674-0088.

**15th KBC Board Meeting** at FOA in Oshtemo. Exit I-94 at 9th street. North 1 block, turn left on Beatrice (at McDonalds). Go till it ends, make a right turn into the FOA complex. Turn left at the stop sign. Go in the main entrance there at the top of the hill and we should be in the lobby.

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## Portage Bikeway Tour

On Sunday October 11th the Kalamazoo Bicycle Club along with the City of Portage will again host the Portage Bikeway Tour. This year we hope to have an additional route for the tour that will add another 5 miles.

We will need volunteers to handle registration, parking and the rest stops. This an opportunity for the KBC to gain recognition and recruit new members. Additionally and more importantly, it promotes cycling in the community and awareness of cycling both among motorists and city officials.

The Tour runs from about 2 PM to 4 PM and will begin at the Borgess facility at Woodbridge on Angling Rd. Last year we had over 175 riders and expect a similar turnout this year. We hope we can count on you to help staff the ride. To volunteer, contact me at 329-0692 in the evenings or 616-966-5600 ext 5691 during the day.

- John Mathieson

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## Cyclocross Race October 17th

The Saturday, October 17, 1998 Cyclocross race plans are all coming together. The race will be held on the grounds of the Christ the King Episcopal Cathedral, on Vincent Dr. (west of Oakland Dr., and north of I-94).

There will be a kids' race, citizen's races, and races for USCF racers (generally faster), in various age groups. KBC people and members of the Parish will also be helping with the races, parking and refreshments. Please plan to attend, race, help out, or just cheer people on. It should be a hoot! Any questions, please call me at 327-8972, or talk to me on a ride.

Flyers with all the details are available at local bike shops, or directly from me.

- Chris Barnes

# Uptight

by Axel Kleat

**H**ad to put the tights on the other day. It was eight in the morning and the bank thermometer proclaimed forty-eight degrees as I pedaled past.

I don't want to get started about the follies of banks (space here being at a premium; besides, where would I start?) but one sure thing is that any bank worthy of my deposits has a giant outdoor thermometer. These can be useful when I'm riding, particularly to explain numbness in my extremities, or the exodus of my bodily fluids.

Actually, thermometers really only tell you what you'd already know if you'd stepped outside—that it's hot or cold, nice or not-so-nice. Does it really matter whether it's 85 or 90 degrees? Either way you're going to sweat. Zero or twenty degrees? Who cares—it's cold. The other morning, forty-eight degrees was *cold*, and I didn't need a thermometer to clue me in.

Why do banks have thermometers, anyway? Doesn't make sense, if you think about it. Money doesn't seem to care about the temperature, and rarely dresses for the weather when departing the cozy confines of my wallet. Dressing for the weather costs money, though, so maybe those clever bankers are on to something. Could be they're in cahoots with the haberdashers, or Pearl Izumi, whoever she is.

Anyway, besides the temperature, lately I've noticed the sun sets earlier too. This time of year daylight savings time doesn't work so well. Maybe that's why they go back to regular time in the winter—savings time's not working, so what's the use?

Let's see. Where was I? Oh yeah! It occurred to me that I hadn't pulled the tights on since May, and I can remember wondering back then which ride would be the last one needing more than shorts and a jersey. Truth be told, that ride slipped by unnoticed. But a few weeks later, I performed a brief ceremony shoving the tights and all the rest out of the way. Back then the blossoming summer seemed endless, like when I was a kid escaping school for summer vacation. I sure

noticed that ride last week when I needed the tights again, though.

What I didn't realize as a child is that summer is when you can ride whenever you want with shorts and a jersey. Summer is when you need your sunglasses every ride, when you won't get cold no matter how early or late it is. Summer is when the wool socks and gloves with fingers drift to the back of the drawer, when the helmet never quite dries out and the straps turn whitish. These things are just as true now—as a grown-up—as when I was a kid.

Last Friday I had to peer over my sunglasses to see the potholes as I shivered the last few blocks home. I didn't need a thermometer to tell me I was cold, and the clock just made me wonder why suddenly it was dark at 8:00. I've seen a few trees turning colors and dropping leaves. I'm long since out of school, but I had the feeling the summer's over.

Those banks with thermometers also have big clocks which, like headlights and horns honking, make early darkness difficult to overlook. Is there some connection there I've missed?

Time, temperature...Temperature, time. Doesn't seem we can do much about either one. Even the bankers can't control 'em. Seems odd they'd proudly display two things we just have to live with. Maybe people make more deposits during savings time.

But today was warm again. Hot, even. Back to the jersey and shorts—even first thing in the morning. Life is carefree again. Maybe time and temperature are there for people like bankers who have big things to worry about. Maybe folks need to be reminded that no matter how much they worry, things just go on.

When I can ride my bike anytime and the weather's fine, I have no trouble remembering this grand truth. My cares go away. I'm a kid again and it's vacation.

At least until those tights come out again reminding me of the time, and the temperature.

## Be prepared for flat tires

On a recent ride two members of the group flattened. No problem, just put in a new tube right? Wrong! Both riders had spare tubes but when we tried to inflate the tires both new tubes had leaks! Worse, one pump broke and was useless.

Just for fun when I got home I checked my equipment. The pump worked fine but my spare tube also had a hole. Perhaps the tube had been rubbing on something in the seat bag. I don't know. (Put your spare tube(s) in a strong plastic bag—ed.)

The moral of the story is be sure your equipment is ready. Occasionally try out your pump to make sure it actually works. Remember, on a road bike the usual tire pressure is over 100 psi and that can be tough do with a frame pump—especially the “mini pumps.”

Also, check that spare tube to make sure it holds air. Just inflate it a bit and any holes should be obvious. Finally, carry a patch kit to fix any leaks and be sure the glue in the patch kit is fresh. Once the seal on the tube is broken the glue can dry out pretty quick.

- Richard Walter

## Name Your Frame

I always have trouble remembering people's names if they were briefly introduced to me while we're riding down the road in a peloton. It is even more embarrassing when you have to ask someone for their names again and again.

One day, I met this guy who had decals of his name put on the top tube of his bicycle. From that day onwards, I could call/shout out his name with confidence as it made a lasting impression on me.

I thought to myself, "Hey, that ain't a bad idea at all." So, I went out and got decals of my name put on my bicycle. Besides, I know that it would be helpful to others as I'm pretty sure that some of us out there have the same problem as I do. It also helps if you do quite a few tours annually as you get to spend more time socializing rather than introducing yourself to other riders.

Anyway, I found a great place that could make virtually any type of decals to match the existing decals on your bicycle. The place is called "The Signwriter" and it's located at 633 W. Michigan in downtown Kalamazoo (right across from the old Enterprise car rental building). The phone number there is 373-6440.

I took my bicycle there and showed them exactly what I wanted and in 3 hours, it was ready. The cost is approximately \$5.00 per decal. I spent a total of \$10.00 that day and I have my name on both the left and right side of my top tube (close to the seat post) and I think that it was definitely \$10.00 well spent.

- Wen Han Teoh

## October

### Birthdays

Alex Appleman  
Jack Bauer  
Kathryn Breese  
Michelle Cudahy  
Don Degen  
Brendan Gaff  
David Goldenberg  
Anne Guimond  
Mike Higgins  
Mark Krook  
Mary Ellen Jachec  
Mark Prairie  
Sam Watt

### New Members

George Mack  
Spencer Mack  
Arielle Mack  
Ron Bush

## Classified

**1989 Cannondale tandem.** Shimano Deore XT components, Wolber 48 hole rims, Nitto bars and stems, Arai drum brake. All for \$1395. Call Bill Klein at 327-1641

**Bridgestone MB-ZIP** mountain-bike. 56 cm. Ritchey Logic Prestige frame, Mavic hubs. Much more. Asking \$850, negotiable. 668-2409

**Trek 1200 Aluminum Road Bike.** 51 cm. frame, Shimano RX-100 group, clipless pedals. Low miles, excellent. Asking \$350, negotiable. **ALSO**, one pair **Look clipless pedals**, \$35. Phone 668-2409.

# October

1998

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
				<b>1</b>	<b>2</b> Tour de Gull Lake Billy's Bike Shop 5:30 18-21mph	<b>3</b> Group Ride Texas Drive Park 9:00 Self-paced
<b>4</b> Group Ride Texas Drive Park 9:00 Self-paced	<b>5</b> Recovery Ride Texas Drive Park 5:30 10-15mph 5:30 16-18mph 5:30 19+mph	<b>6</b> Breakaway Ride Breakaway Bicycles 5:30 17-19mph	<b>7</b> Wed Night Ride Kazoo Central HS 6:00 20+++mph 5:30 10-15mph 5:30 16-18mph	<b>8</b>	<b>9</b> Tour de Gull Lake Billy's Bike Shop 5:30 18-21mph	<b>10</b> Group Ride Texas Drive Park 9:00 Self-paced
<b>11</b> Group Ride Texas Drive Park 9:00 Self-paced	<b>12</b> Recovery Ride Texas Drive Park 5:30 10-15mph 5:30 16-18mph 5:30 19+mph	<b>13</b> Breakaway Ride Breakaway Bicycles 5:30 17-19mph	<b>14</b> Wed Night Ride Kazoo Central HS 6:00 20+++mph 5:30 10-15mph 5:30 16-18mph	<b>15</b>	<b>16</b> Tour de Gull Lake Billy's Bike Shop 5:30 18-21mph	<b>17</b> Group Ride Texas Drive Park 9:00 Self-paced
<b>18</b> Group Ride Texas Drive Park 9:00 Self-paced	<b>19</b> Recovery Ride Texas Drive Park 5:30 10-15mph 5:30 16-18mph 5:30 19+mph	<b>20</b> Breakaway Ride Breakaway Bicycles 5:30 17-19mph	<b>21</b> Wed Night Ride Kazoo Central HS 6:00 20+++mph 5:30 10-15mph 5:30 16-18mph	<b>22</b>	<b>23</b> Tour de Gull Lake Billy's Bike Shop 5:30 18-21mph	<b>24</b> Group Ride Texas Drive Park 9:00 Self-paced
<b>25</b> Group Ride Texas Drive Park 9:00 Self-paced	<b>26</b> Recovery Ride Texas Drive Park 5:30 10-15mph 5:30 16-18mph 5:30 19+mph	<b>27</b> Breakaway Ride Breakaway Bicycles 5:30 17-19mph	<b>28</b> Wed Night Ride Kazoo Central HS 6:00 20+++mph 5:30 10-15mph 5:30 16-18mph	<b>29</b>	<b>30</b> Tour de Gull Lake Billy's Bike Shop 5:30 18-21 mph	<b>31</b>

# October Rides

by Randy Putt

The weather has remained beautiful for riding. But, we are approaching the end of another riding season. The Fall color will be peaking soon and several great organized rides are available in October. DALMAC and the Wine Harvest Festival Ride are behind us and the weather was fantastic for both rides.

As I write this calendar, the Apple Cider Century is yet to come. The Turning Leaves Century in Dowagiac is coming up and is typically very nice (Oct 4). Also, the Hilly 100 in Bloomington, IN on Oct 10 and 11 is a great way to end the touring season.

The good riding weather continues and attendance at the regular club rides has declined a bit, but is still very good. The Saturday and Sunday impromptu rides will continue in October. These rides typically start at about 9 AM at Texas Drive Park, but give Gerry Blohm (375-8121), Paul Stevens (324-9025), or Al Cergol (375-3786) a call before riding to find out the actual start time. The route is typically 30 to 40 miles at about 17 mph. The length and speed of the ride will be dependent on the riders who show up.

**NOTE: ALL EVENING RIDES (EXCEPT THE WEDNESDAY FAST RIDE) WILL START AT 5:30 PM IN OCTOBER DUE TO SHORT DAYS.**

There should be a ride leader or two at the Monday Recovery Ride at Texas Drive Park. As the season winds down and the weather becomes cooler the ride groups become smaller. There should be a pace to suit all riding abilities at 5:30 PM start time. The riders present can decide on the ride group make up and the route. Each group will make every attempt at staying together. There will typically be three groups on Monday: a group for about 20 miles at 10-15 mph (the riders present will decide the pace each week), a 16-18 mph group 20 to 25 miles, and a 19+ mph group for 25 to 30 miles.

The Tuesday ride from Breakaway Bicycles on Romence Road near S. Westnedge in Portage leaves the parking lot at 5:30 PM. Paul Wells leads the group for 25 to 30 miles at about 17-19 mph.

The Wednesday ride meets at Kalamazoo Central HS at 5:30 PM and typically consists of two ride groups.

Enjoy the rolling hills of northwest Kalamazoo County for a ride of about 25 to 30 miles at 17-19 mph lead by Bill Strome and a faster group lead unofficially by Zolton Cohen. Thanks Zolton and Bill for leading these rides. Each group will make every attempt at staying together.

A fast group also 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 typically fragments into smaller groups and the riders often times 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.

Come join us on Fridays in the parking lot behind Billy's Bike Shop in Galesburg at 5:30 PM for the Tour de Gull Lake. The route for this ride is a loop around Gull Lake with a number of rolling hills. The route is well established, is 27 miles in length, and maps are available. Richard Walter and Randy Putt lead the 19+ mph group. The pace for this group is typically greater than 21 mph at this time of year. Even though this ride can split into more than one group the ride leaders will make sure that all riders finish the ride.

Call Randy at 649-1814 for more information about any of the rides described above. Think about being a ride leader next year. You have all winter to plan some rides. This year we had the Old Car Festival Ride from Vicksburg in June, a ride to South Haven and back in August, and a ride around Kalamazoo County in August. These rides were well attended (10-15 riders). I hope we can build on these rides next year. We especially need ride leaders at the 15-16 mph pace. No previous experience is necessary to become a ride leader. Please give Randy Putt a call at 649-1814 or send an e-mail to [srbike@aol.com](mailto:srbike@aol.com) to volunteer or to get more information on being a ride leader.

## Bronson Family Health Fair

Saturday, September 19, was a perfect day for Bronson Hospital's 20th Annual Health Fair. Over 75 organizations participated in the event, including KBC. Our booth looked great under the club's sun fly, complemented by our yellow KBC banner.

The following Club members spent time conversing with health fair participants to promote your club, recreational cycling in the Kalamazoo area, bicycle safety, and the upcoming Cyclocross on Saturday, October 17 along with a multitude of cycling related questions; Marion Barnes, Al Cergol, Dave Goldenberg, Angie Jonas, Dave Sluyter, Paul Stevens, Jill Stewart, Rick Whaley, Richard Walter and Keith Young.

Marion Barnes dazzled health fair participants with laps around the Bronson Park on her unicycle while handing out KBC membership forms. In case you are wondering, Marion mentioned that about two weeks were required to develop her unicycle riding skills.

Our thanks to everyone who provided a helping hand to bring all the pieces together for this event and the promotion of cycling in our community. A job well done!!

- Al Cergol

## KBC Elections in November

The elections for the KBC Board of Directors are coming up in November. Anyone interested in running for the Board is welcome to do so.

You don't have to be able to ride a five hour century or win the sprint for the county line, you just have to be interested in helping the club. Serving on the Board really doesn't take much time, usually just a few hours a month.

Being on the Board lets you help steer the club in the direction you want. No more complaining about how the club is run. If there is something you don't like about the club, get on the Board of Directors and you can work to change it. It is also good experience and looks good on the resume too!

We have openings for president, vice-president, secretary, and treasurer. If you are interested please get your name to either Tom Cross or Richard Walter before the October meeting. Our phone numbers are on the back page of this newsletter.

Elections will be held at the November meeting and the new Board takes over in December. We also look forward to having people work on specific projects so if you have something in mind come to the meetings.

- Tom Cross

*The cold, evil winds of winter are approaching*

*Sooner than you think*

*Far better to ride your bike when warm*

*While the leaves are still on the trees*

*The end is near*

*Ride your bike*

- Axel Kleat

# Biking Through England

by Donna & Renny Oas

*...continued from September Pedal Press*

## Wednesday, July 28

After Renny patched 3 inner tubes, we swam at the Wem pool where there were many people bathing, but no one swimming laps. We did our best to lap around people, but we quit before we had done our usual 1/2 mile.

We packed up and rode at about 11:00 toward Shropshire. We had lunch in a meadow across from a farm house. The woman at the farm heard her dog barking and came to offer us tea. We declined, but Donna wished we had accepted her invitation. We arrived at Whitchurch at about 4:00 p.m.

The widow who owns the B&B has a son who is mildly cerebral palsied and mentally impaired. The house was fine except it smelled of cat urine. There were two Siamese cats, a dog who threw up in the garden, and an aviary full of budgies, a parrot, and a cockatiel.

We went to town and had a fine time at pubs. We had conversations with people there. We were talking to a lorry (truck) driver and two physiologists who were taking a canal boat trip on their way to Edinburgh for a conference. We ate at Victoria, which was expensive, but had many vegetables, which we loved. We walked through town and visited a pool also run by Bob Landry, whom we had met at the inn the night before.

By this time we were beginning to really enjoy the trip and were feeling stronger all the time.

## Thursday, July 29

We rode thirty lovely miles from Whitchurch to Chester. We bought train tickets, went to the TIC and made B&B reservations, went to the post office to mail film to Dan and maps back home. We had a snack at a pub across from the post office and stayed

at Malvern Guest House (24 pounds). The bedroom was fine with a bath next door.

Chester is a beautiful city with Roman walls and a moat around it. We watched kayaks in the River Dee and talked to a bar tender who had done his first triathlon the last weekend. We had a lovely dinner at George & Dragon, a block from our B&B. We had chicken curry & steak pie for 3.95 pounds each. We went home for sherry and wonderful brie and crackers and a little television.

## Friday, July 30

We left Chester at 9:05 on the train to the Lake District. We had a two hour layover at Warrington (not a very attractive town). We then caught a shuttle train through beautiful hills that looked more like mountains into Oxenholme station.

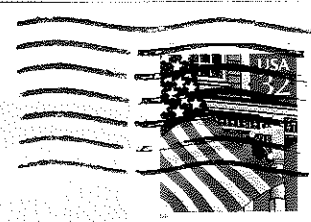
We then transferred to a shuttle into Windamere which was an absolute zoo because of the many tourists. We took the ferry across Lake Windemere and had a steep hill climb to a B&B, the Glen, which we had booked at the TIC. We stopped at the Sawrey Hotel for beer just before we got there.

The bar maid, who knew Arthur Ransome, helped us look for other quarters, since the Glen was the most expensive so far (38 pounds). It was a lovely old home, en suite (with private bath) and had a marvelous view with Old Man of Coniston right out our window. An English couple who were guests, were also celebrating their fortieth anniversary. We had dinner at a pub, Tower Bank Arms owned by the National Trust. It is next door to Beatrix Potter's home, Hilltop. We talked with two young couples in the pub.

*To be continued...*



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



**ADDRESS CORRECTION REQUESTED**

Expires 99/02  
**Phil & Jini Caruso**  
 2301 Fairfield Ave.  
 Parchment, MI 49004

**KBC OFFICERS**

President: Tom Cross ..... 375-0530  
 Vice President: Richard Walter ..... 649-1944  
 Treasurer: Mike Higgins ..... 327-0387  
 Secretary: Angie Jonas ..... 343-1488

**OTHER IMPORTANT NUMBERS**

Database Manager: Jeanette Holm ..... 385-5052  
 Flowerfest Co-Directors: Rick Whaley ..... 329-1285  
    Paul Stevens ..... 324-9024  
    Al Cergol ..... 375-3786  
 Info Line: ..... 343-2288  
 Newsletter Distribution: Gerry Blohm ..... 375-8121  
 Newsletter Editor: Kathy Barrett ..... 388-5045  
 E-Mail: ..... kbarrett@kvcc.edu  
 Ride Captain: Randy Putt ..... 649-1814

**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 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**