

Pedal Press



The Newsletter of the Kalamazoo Bicycle Club, Inc.
July, 1998

President's Letter

I have reached the half-way point of my tenure as club president. When I hitched on last December I set a few goals. Some of those have been accomplished while others languish in the "to do" pile.

Many of the great things going on with the club would happen with or without me. Things like the strong turnouts we have had for all of our scheduled rides. Riders are showing up in record numbers. Or the Flowerfest. The credit for how well that is going belongs to club volunteers. I would like to thank our Flowerfest committee: Al Cergol, Rick Whaley, and Paul Stevens again for their efforts.

Something interesting has been happening. As I have been visiting the local bike shops they have been relaying to me conversations from club members and people who are not members but have participated in our rides. Some very important concerns have been addressed to the shop staff yet I was never contacted by the rider. I would like to take this time to invite you to contact me by phone or via e-mail and let me know how things are going. After all it's your club.

Cycle Works founder Jason Rutgers developed an itch to try something new in life and closed the doors at Cycle Works. I think he said he was going to race automobiles down south or move to California. Ah youth. I am sad to see the shop go but join me in wishing Jason well in his new endeavors.

- Tom Cross

Classified

For Sale Schwinn aluminum frame road bike. 25 inch frame. Ultegra components, San Marco saddle, Wolber aero rims, Cinelli stem and bar. Great shape with many nice extras. About 12 years old. Asking \$500. Call Chuck Livingston at 344-0331.

Upcoming Events...

July

- 11 22nd Annual One Helluva Ride, Ann Arbor, 15 to 100 miles and fat tire route too, 313-432-0881, E-mail jmasura1@biostat.hfh.edu.
- 11 N.I.T.E. Navigate Indianapolis This Evening, continuous 20 mile loop of big city sites, 317-327-BIKE.
- 19 **Flowerfest.** KVCC. 7 AM to 4 PM. See Page 3 or call 343-2288 for details. **Support KBC.**

Speed Trap

My wife and I have been KBC members for several years. About a month ago we showed a friend the pleasures of road riding (after a discouraging try at our favorite MTB trail). He is very fit and took to road riding quickly and even bought a nice used Cannondale.

I talked him into trying the Wednesday night 6:30 PM ride, which the *Pedal Press* says is two groups; one at 10-15mph and one at 16-18 mph. My friend attempted to ride in a group for the first time and received some help and was able to have a good ride.

Then he showed up last Wednesday for the same ride and was dropped immediately! After the ride someone (we'll leave names out of this) told my friend that they wanted to get the group doing a paceline at 22+ mph!!!

So much for 16 - 18 mph. My friend was very disappointed. My friend is a new club member and if we treat our new members this way at the group rides, we won't have many new members. I suggest this sort of thing is not in the best interest of KBC.

I invite any of the 6:30 PM Wednesday night riders that want to ride above 21 mph to come ride with the 6:00 PM. group and let the other group ride as the *Pedal Press* indicates so the new riders will know what to expect and be able to have a good ride!!

- Mike Jones

Home-Made Gel at Half the Cost

Being a college student helps me appreciate a good deal. But when I went into a local bike shop to buy some glorified pancake syrup for a bike trip I was planning to the UP, I realized that I was about to get ripped off. Instead, I picked up my favorite goop, Wip Snot, and looked at the ingredients: rice syrup, rice flour, and flavorings mostly. I thought, I can get these at the People's Food Co-Op! So I made my own snot!

My friend Phil and I used the snot almost exclusively during our trip and it worked great. The one time that I did bonk, it pulled me out in less than 15 minutes. I continued to use it during the rest of the season.

Ingredients:

16 oz. brown rice syrup
6 T. rice flour
pinch of salt
450 mg. crushed potassium tablets (optional...expensive)
flavoring (1 t. vanilla or unsweetened Kool-Aid, etc)

Directions:

Put syrup, flour, salt, potassium (optional) and flavoring in a microwave safe container. (Nuke the syrup jar for a few seconds to get all the syrup out.) Mix well. Put it in something easy to carry. You're done.

The mixture has approximately 45 g. of carbohydrate, with about 60% complex carbs. The taste is sweet. Try it out on some short rides to see if it agrees with you before you make a commitment to it. Use it up within about four months, or it might grow mold.

Not including the one-time cost of the optional potassium, the cost is about \$5 for eight servings, or \$0.63 per serving. Compared to \$1.29 per serving for Wip Snot, you get twice as much for your dollar, and it's the same thing!

- Keith Young

Biking With Old Cars

The first Old Car Ride on June 13 from Vicksburg was a success. The weather was fine. Ten riders made the 63 mile trip with an average speed of 17.5 mph crossing the famous covered bridge over the St. Joseph river on our way to Centerville and Colon. We even saw several vintage cars on their way to and from the big car show in Vicksburg. Even though they were old, they still seemed faster than we were.

The roads were practically devoid of cars as soon as we got out of town. Unfortunately, the ride leader got a bit disoriented and missed a couple of turns, so that two of the more scenic roads bordering lakes were missed. Maybe with the polite encouragement from Axel Kleat, the Ride Captain will be more prepared next year.

- Randy Putt

July Birthdays

Sandy Barker
Cliff Muller
Colt Cunningham
Pat Fuentes
Sherry Gordon
Tom Gushurst
Colette Gushurst
Tom Holmes
Jonathan Mott
Don Povendo
Gary Schlender
Bill Strome
Janet Teel
Steve Vonderfecht
Miriam Barnes
Tam Blackstone

New Members

Charles Craford
Melissa Levely

Fort Custer Time Trial, Round 3

Round 3 is set for Tuesday, July 14 at 6:30 PM (rain date is July 21).

The Fort Custer Time Trial series is directed towards the beginner and intermediate rider who wants to push themselves a bit and see how they compare to their friends. It's strictly for fun with no entry fee and no prizes.

But you still need a pass or pay to enter the park. We'll use the green loop again. We will ride one lap which is 6 miles and lap times should be about 30 minutes.

Start time is 6:30 PM. Meet at the trail head and look for my blue Ford pickup.

- Richard Walter

FINAL 1998 Flowerfest Bicycle Tour Update

With this July Pedal Press in your mailbox, you'll notice that KBC's annual Tour is about 2 weeks away, Sunday, July 19. Even if you haven't already registered for the prize drawings, plan to ride anyway. Call the KBC Info Line; 343-2288 or any of the Flowerfest Co-Directors (below) for details. Don't forget, it's a ride for everyone with well marked routes over lightly traveled roads, great food at a beautiful rest stop, post-ride sports massage for tired muscles plus a visit by real Saturn Bicycle Team riders. Come on out, you'll have a great time, guaranteed! Remember: July 19.

Speaking of Saturn pro riders, they are planning to arrive Saturday afternoon, July 18. Many KBC members have expressed an interest in meeting the Saturn riders and to hear about their experiences, etc. Specific details about the activities are being finalized including a media event at the Saturn Store on 9th Street plus a "Dutch" dinner at a local establishment. Contact any of the Flowerfest committee members listed below about your interest in attending these activities.

With Flowerfest almost here, it's just about time to begin planning for next year's tour. To make the 1999 Flowerfest Tour even better, we ask that you ride the tour, observe the activities, provide an overall critique and volunteer to help on the 1999 committee. For future planning purposes, this year's committee has assembled a "how to" idea booklet, complete with timelines plus contact people with phone numbers. This will eliminate the need to start from scratch. Many of our fine sponsors have agreed to establish long term relationships with KBC in supporting our annual Flowerfest Tour plus help with our promotion of recreational bicycling in the community.

We hope that everyone will have a memorable time at Flowerfest 1998.

Rick Whaley 329-1285
Paul Stevens 324-9024
Al Cergol - 375-3786

A Note of Concern from Ride Captain Randy

There have been a couple reports recently of riders getting dropped from Club rides. I am aware of three reasons for riders being dropped. The advertised pace was exceeded by several miles per hour, a rider with a mechanical problem is left alone by the group, or riders are trying to ride with groups that they can not keep pace with.

The solutions are simple. Ride leaders must adhere to the posted pace. If, on occasion, the ride leader is not present at the ride, another regular rider should take over for the ride and make sure no one is dropped. If a rider is in the wrong group and is being dropped, the ride leader or another designated rider should make sure the slower rider is not left alone. How would you feel if you showed up for a ride for the first time expecting the posted pace of 16-18 mph, but got dropped in the first few miles when the pace of the ride was actually 21 mph or faster?

I can't think of any reason why a rider with a mechanical problem on a club ride would be left alone. How would you feel if you were the one with the mechanical and no one stopped to help? What kind of message does that send about the Kalamazoo Bicycle Club?

Riders who ride regularly with the club should ride with a group that suits their pace. If you are routinely dropped from one group, you should consider riding with a group at a slower pace.

For those riders who would like to improve their fitness and ride faster, I recommend that you initially ride with a group that you can stay with. When you have reached the point where you are in front of the group and the pace is not fast enough for you, then it is time to move into a faster group.

Regular riders should watch the group and make sure the group stays together as much as possible. Stronger and more experienced riders can help the newer riders out. Some riders are new to group riding and may be intimidated.

Enough preaching. We all have at least one thing in common, we enjoy riding our bikes, some of us are even obsessed. I think most riders would agree that riding in a group that works well together is simply wonderful. Especially on the slow and medium rides, and even the faster ones, a little cooperation can make a big difference.

- Randy Putt

July Rides

by Randy Putt

The **Saturday** and **Sunday** impromptu rides will continue in July. These rides 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 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 depend on the riders who show up. There will be no Sunday ride on July 19 due to the Flowerfest Tour.

We continue with three ride leaders at the **Monday Recovery Ride** at Texas Drive Park. There should be a pace to suit all riding abilities, so come out and give it a try at 6:00 PM. Maps will be available and the ride leaders will make sure that the groups stay together. The riders in each group will start and finish the ride together. Mike Higgins will lead a group for about 20 miles at 10-15 mph (the riders present will decide the pace each week). Steve Vonderfecht will lead the 16-18 mph group 20 to 25 miles. Paul Guimond will lead the 20+ mph group for 25 to 35 miles. Larry Kissinger, Jeff Wetters, and Randy Putt are available to sub for Paul when needed. We still need some volunteers to sub for Mike and Steve on occasion.

The **Tuesday** ride from Breakaway Bicycles on Romence Rd near S. Westnedge in Portage leaves at 6:30 PM. Paul Wells leads the group for 25 to 30 miles at about 17-19 mph. This is the third month for this ride, so check it out.

The **Wednesday** ride meets at Kalamazoo Central HS and consists of two rides. Maps will be available and the ride leaders will make sure that the groups stay together. The riders in each of the above groups should start and finish the ride together. A fitness ride for 10-15 miles on the Kal-Haven Trail will be lead by Mary White. This ride could use some more riders. Come on out and support Mary and have a great time. In addition to the fitness ride, enjoy the rolling hills of northwest Kalamazoo County for a ride of about 25 to 35 miles at 17-19 mph lead by Paul Stevens and Bill Strome. We do need additional ride leaders for this group. We also need ride leaders to sub for Mary on occasion.

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 6:30 PM for the Tour deGull 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. The ride consists of two groups.

-Rose McKenna leads a group at about 17 mph. This group finishes together.

-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.

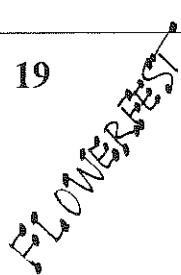
Call Randy at 649-1814 for more information about any of the rides described above.

Think about being a ride leader. We can always use more help. 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 to volunteer or to get more information on being a ride leader. Hope to see you on the road this month.

Check out Bike to Build in Centerville on **Saturday July 11, 1997**. The ride is a fund raiser for St Joseph County Habitat for Humanity with a entry fee of \$20. Day of ride registrations are accepted. The ride offers routes of 10, 25, 40, and 62 miles with rest stops and refreshments, and lunch at the end of the ride. For additional information check your local bike shop for an entry form.

July

1998

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			1 Wed Night Ride Kazoo Central HS 6:00 20++mph 6:30 10-15mph 6:30 16-18mph	2	3 Tour de Gull Lake Billy's Bike Shop 6:30 18-21mph	4 Group Ride Texas Drive Park 9:00 Self-paced
5 Group Ride Texas Drive Park 9:00 Self-paced	6 Recovery Ride Texas Drive Park 6:00 10-15mph 6:00 16-18mph 6:00 19+mph	7 Breakaway Ride Breakaway Bicycles 6:30 17-19mph	8 Wed Night Ride Kazoo Central HS 6:00 20++mph 6:30 10-15mph 6:30 16-18mph	9	10 Tour de Gull Lake Billy's Bike Shop 6:30 18-21mph	11 Group Ride Texas Drive Park 9:00 Self-paced
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City of Kalamazoo Seeks Citizen Input on Bicycle and Pedestrian Plan

The City of Kalamazoo is working with citizens to develop a plan to improve conditions for bicycling and walking. This plan is *in addition* to the trailway initiatives underway in Kalamazoo and surrounding communities.

The purpose of the Non-Motorized Transportation Plan is, as the name implies, to provide better conditions for people, young and old, to walk and bicycle to work, shopping and school, as well as, for recreation.

Citizens (yes, even KBC members—Ed.) are invited to contribute to plan development in two upcoming events.

The Vine and West Main neighborhoods, in combination with the WMU and Kalamazoo College communities, will discuss bicycle and pedestrian access issues to and from downtown and neighborhood destinations. This neighborhood meeting will take place on Wednesday, July 15 from 6:30 to 8:30 PM.

The second meeting is community wide in scope and will address bicycle network planning (particularly on-street routes that are under consideration) and a variety of pedestrian access and safety issues, as well as other issues that impact the bicycle and pedestrian friendliness of Kalamazoo. The all City meeting will take place on Thursday, July 16, from 6:30 to 8:30 PM

Both meetings will be held at Old Central High School, 714 S. Westnedge, Kalamazoo.

- Terry Musser

Editor's Note: Terry Musser is the individual from the planning firm of *Bicycles &*, which contracted with the City Of Kalamazoo to develop a non-motorized transportation plan for the Kalamazoo. These meetings are part of the very extensive efforts being expended by Ms. Musser and many other people to help with this plan. As a bicyclist, this plan directly affects you, and we certainly encourage your participation.

Two Much Fun

Many of us cycling enthusiasts ride for a number of reasons. It may be the speed, the thrill of the race, fitness, recreation, or just for the comradere. Whatever the reason, nothing can match the exhilarating feeling of being on a great ride.

Recently on a Monday night ride we had the luxury of having two tandems show up to ride in the middle group. Now if you know much about biking and tandems you know they can be real fast and are just a blast to have in your group. The power of two people setting the pace (and creating a king-sized draft in their wake) can make for a very interesting ride.

I've had the pleasure of riding with Greg and Chris a number of times and tonight we had an opportunity to ride with Mark and Marla. They set the pace and off we went. The peleton rode along almost effortlessly as the tandems led the way.

Occasionally they inquired if the pace was ok and at stop signs they waited to make sure everyone made it thru and then set the pace again.

The group headed out to Schoolcraft, staying in the flats to take full advantage of that tandem speed. It was a beautiful evening and the group was really rolling along.

There wasn't much talking, but I'm almost certain that the rest of the riders were enjoying the ride as much as I was. We flew around the route and back to Texas Drive.

Everyone chatted for a few minutes and then headed their separate ways, most of them looking forward to a well-deserved evening meal. Still, I stood there a few minutes, beaming just like a kid with a new bike.

I had a great time and would like to say thanks to Greg, Chris, Mark and Marla for the Good Ol' Ride. I look forward to the opportunity to ride with you again.

- Gerry Blohm

Monday Evening, 6:00

Texas Drive

Don't Forget Your Bike

Biking Through England

by Donna & Renny Oas

Some of the people at the winter party at the Roadhouse thought the story of our trip to England in 1993 would be interesting for the Newsletter. We have sent our total diary to the Editor for use in the *Pedal Press*.

(Your faithful editor intends to serialize this very fine piece of writing over the next few months as space allows. As always, we appreciate submissions from KBC members.)

Wednesday, July 21

The B&B hostess thought we should see the Needles, an area with several different colors of sand. We rode to the area (uphill of course,) but did not take the walk to see the sand. An amusement park and many tourists, even early in the morning, helped our decision.

We left Chart House, rode our bikes to the ferry at Yarmouth, and took it to Lymington. We stopped for a late lunch at Brockenhurst and rode on to Burley where we stopped at the Youth Hostel down a very muddy, rutted road. They referred us to Rosebay Cottage, which had a pony, chickens, and ducks.

This is the New Forest area through which there are hundreds of ponies grazing and walking through the entire area which is open range. They have brands and belong to people who pay the government a certain annual fee for grazing rights.

Once a year they have a round up and slaughter the excess. The French are reported to buy the meat. The French will eat anything, said one of the locals. We walked to the White Buck for dinner and felt safe with our one pint of prawns, brown bread, scampi, and chips.

Thursday, July 22

We biked the rest of the New Forest, coming into Salisbury by 4:30, in time to look over the town. We stayed at Mrs. Truckle's B&B for 24 pounds. The Salisbury cathedral was lovely. One of the priests showed us his gold on black brass rubbings. They

were attractive, and later we rode by a Catholic church and caught the last part of evening mass, including communion. We stopped at a few pubs, where we heard live music. The music we heard sounded like the music in the US. Our biking on this day was the best since we began the trip, since the hills were more normal and there were no flat tires or other problems.

Friday, July 23

After shopping in Salisbury for lunch, we rode at about 10:30 a.m. for Stonehenge, the prehistoric (2800-1500 BC) worship spot created during the Stone Age. No one has been able to explain how people placed the huge rocks at the top of that hill, since only rudimentary tools existed. It was an impressive sight. Surrounding the stones for several miles are tumuli, burial grounds for ancient people. We had a picnic in view of the stones.

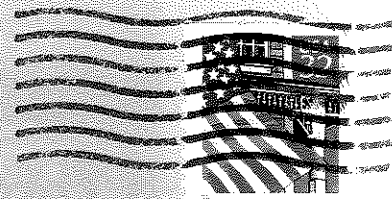
But traffic was heavy and noisy. Then Renny took off before Donna could cross the busy road. He soon was out of sight. Donna took a wrong turn and stopped after three miles when the designated turn didn't appear. Then, of course, the rain started.

We finally got back together, and both of us were angry. We rode into Warminster, a total of 38 difficult miles, and took the train into Bath. We called the Youth Hostel for referrals to B&Bs. We got a place that was convenient, but very dirty. No one had dusted or vacuumed anything in ages. An old couple called Lime ran it. We cleaned ourselves up and went to town for dinner, but the pubs had all closed at 9:00 p.m., so we had dinner at a restaurant called Westgate. We chatted with a young woman who was on her way to Norway to teach ESL. Her father is an agricultural researcher at Cal Davis. We invited her for a nightcap at a pub, Mulligan's, where we chatted with a fireman in the RAF.

(Editor's note: Axel Kleat claims he is spending too much time in the saddle to write his monthly column. Frankly, we're not sure whether to believe him or not, but we do know we don't have anything from Axel this month. No one's actually reported seeing him out there, but the weather has been awfully nice for riding...)



KALAMAZOO BICYCLE CLUB
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ADDRESS CORRECTION REQUESTED

Expires 99/02

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KALAMAZOO AREA BIKE SHOPS

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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