

# Pedal Press



The Newsletter of the Kalamazoo Bicycle Club, Inc., October, 1999

[www.angelfire.com/mi/kbc/](http://www.angelfire.com/mi/kbc/)

## President's Letter

There was board of directors meeting the other night. We try to hold one every month or so to discuss general club issues. I thought you might be interested in what sort of topics we discuss. Here is a quick summary of the September board meeting to show you what goes on behind the scenes.

The Club pledged their support to the Portage Parks and Recreation bike ride coming up in October. KBC has always helped out by supplying volunteer help and paying for insurance of up to 100 riders. Again this year we will provide the same, plus some sports drink and 100 water bottles. This is a good opportunity to demonstrate community involvement and promote bicycling as a sport and a mode of transportation.

The Club has been doing well, financially, in the past couple of years. The Flowerfest tour has helped rebuild our bank account. Now it seems time to return some of the investment back to the community. Several ideas were presented such as donating used bicycles to local service agencies or supplying bicycles to the Boy Scouts to use when earning a merit badge. Both of these ideas seem simple enough to do and would not require much money. A third idea was donating bicycle racks to public venues.

Discussion was held regarding the upcoming elections. So far no one has come forward to run for the board. This was of concern to those present. The future of the club is in doubt if there is no elected president to guide the club.

Jersey sales have gone very well. 91 jerseys have been sold so far out of the 100 ordered. It is time to settle up, with the Club paying for and taking full possession of the last few jerseys.

The cyclocross race has been dropped for this year. Other commitments have prevented the chairman for the event from devoting any time to it. No other members have shown an interest in working on the event so it will not be pursued this year.

Well, the above is a brief summary of what went on. A lot more goes on behind the scenes than most realize. I hope everyone understands it takes a few dedicated people to keep the club going. By the way, board meetings are open to all members and everyone is invited to attend.

- Richard Walter

## Coming Events

**October 3** Turning Leaves Century. Routes from 24 to 100 miles. Great roads. See page 6.

**October 10** Portage Bikeway Tour. 2:00 pm to 4:00 pm. See story below.

**October 12** General membership meeting for all KBC members. Nominations for KBC Board positions. 6:30 pm at the Portage Public Library, downstairs. See page 3.

**November 16** KBC Board Meeting, including election of new KBC Board members. Portage Public Library, 6:30 pm. downstairs. See page 6.

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## Portage Bikeway Tour October 10

### *Volunteers Needed*

On October 10th the Kalamazoo Bicycle Club and the City of Portage will again host the Portage Bikeway Tour. The Tour is a 10 mile ride in Portage designed to encourage the use of the Bikeway and promote cycling. It is an opportunity for the Club to gain some recognition. In past years the ride has had around 125 riders of all ages and abilities. The Clubs's support of this has enabled it to have a greater voice in Bikeway development.

We need volunteers to help with registration and set up. The ride runs from 2 p.m. to 4 p.m. at Borgess at Woodbridge medical facility, 7901 Angling Road, near the intersection of US-131 and Center Street. Call John Mathieson at 329-0692 if you can help out even for only an hour.

## Thoughts Concerning 1999 Rides

We had another great riding season, no doubt about it. Farmers and lake property owners might complain about the lack of rain, but not us bikers! Attendance at the rides remains strong even in late September, and I think KBC has been particularly successful this year in providing good road rides for cyclists of all abilities.

The Monday and Wednesday evening rides have often had enormous turnouts—close to fifty riders. The Tuesday ride from Breakaway Bicycles lead by Paul Wells had a dedicated following. Also, a new Women's Ride on Thursdays from KVCC led by Kathy Barrett generated interest from women riders including several new riders. We had three successful special weekend rides as well as several tandem only rides lead by Kathy Barrett and Doug Kirk. We expect to continue these rides next year. There is always room for more.

Unfortunately there were no mountain bike rides sponsored by the club this year due to an apparent lack of interest. Although mountain biking does not lend itself to groups like road riding does (those pacelines just don't get it on the singletrack), I think there is always more fun to be had with a group. If there was interest in mountain bike rides, I was not aware of it this year, but I hope someone will come forward with plans for either occasional or regular group mountain bike rides for next year.

Remember that any ride you would like to publicize needs to be forwarded to me or to Doug Kirk (the *Pedal Press* Editor), by the 15th of the month before the issue in which you want your ride to appear.

There is one problem area I would like to point out. Some riders on the weekly club rides are negligent in following the rules of the road. I've observed several riders pulling out in front of traffic when we leave on Texas Drive on Monday nights. This typically is a big group and it is difficult for every one to start at the same time. In their haste to start some riders apparently have little regard for their own safety or the safety of others and pull out in front of oncoming traffic.

I've also observed cyclists running stop signs and red lights in order to stay up with the group, which can be dangerous. I know the adrenaline gets running pretty high out there, and no one wants to be dropped from the pack. But consider the safety of those around you even if you aren't concerned for yourself. Someone might be right behind you, working hard just to stay on your wheel. You have to think for everyone out there, not just yourself.

This sort of riding also presents a negative impression to motorists. Big groups can be disruptive to traffic even when the rules of the rode are being followed. Please make an effort to be courteous to motorists and make a good impression. Effective bicycling means trying to ride as though you are a car as much as possible. When you see a car blowing a stoplight, you think the guy's a jerk, right? What goes around, comes around, and paybacks are Hell, especially on a bike.

The ride leaders make every effort to keep the ride groups together. If riders get behind a bit at stop sign or light, the group usually slows down to wait. Sometimes the fastest group isn't as good about waiting, I admit, but they usually do wait, and besides, a slightly slower group isn't very far behind.

## October Birthdays

Mary Aldrich  
 Alex Appleman  
 Jo Cornell  
 Peter Cornell  
 Michelle Cudahy  
 Darrell Davies  
 Jeff Davis  
 Don Degen  
 Mark DiJulio  
 Brendan Gaff  
 Paul Grabowski  
 Wendy Harvey  
 Mike Higgins  
 Tom Keizer  
 Robert Kennedy  
 Mark Krook  
 Paul Pancella  
 Susan Peterson  
 Mark Prairie  
 Tom Small  
 Sandy Stevens  
 John Thome  
 Sam Watt  
 Doug Williams

## New Members

David Watt  
 Karen Watt  
 Amy Lehman  
 Gary Lehman  
 Cole Lehman  
 Conor Williams  
 Doug Williams  
 Tyler Williams  
 Evan Williams  
 Griffin Williams  
 Karen Williams

## October Membership Meeting

A general membership meeting will be held Tuesday, October 12. One topic will certainly be nominations to the Board of Directors.

If you are interested in being on the Board please come to the meeting or contact Paul Stevens or Richard Walter. Other general bike club information will be discussed the same evening.

The meeting will be held at the Portage Public Library, downstairs, in one of the group study rooms. Start time is 6:30 pm. Everyone is welcome to attend. If you are interested in helping out KBC please plan on attending.

## Expiring Members

*Remember, friends don't let friends expire!  
Remind them to send in their dues instead!*

Arthur Albin  
 Ron Bush  
 Joe Dill  
 Julie Dill  
 Robert Kennedy  
 Stephanie Kennedy  
 Roscoe Kennedy  
 George Mack  
 Amy Mack  
 Spencer Mack  
 Arielle Mack  
 Susan Peterson  
 David Sluyter  
 Jill Stewart  
 John Thome  
 Beverly Thome

**Come on folks, send in that moolah and keep those *Pedal Presses* in your mailbox. Stephanie and Bob Kennedy, isn't it Roscoe's turn to pay this time?**

## KBC Elections at November 16 Board Meeting; All KBC Members Invited to attend

Elections for the KBC Board of Directors for the year 2000 are coming up in November. We are currently taking nominations for the positions of President, Vice-president, Secretary, and Treasurer. **Contact any current Board member (see back page) to nominate yourself—or anyone else.**

**The elections will take place at the November KBC Board meeting which is scheduled for November 16, 1999 at 6:30 pm at the Portage Public Library. We meet in one of the conference rooms downstairs, so please come and take part!**

The new Board will take over in December. If you are interested in any one of these positions let someone on the Board know so that we can place your name into nomination. We are all listed on the back page of this *Pedal Press*.

Being on the Board gives you a chance to guide KBC in the direction you would like to see it go. No more sitting back and complaining, you actually get a chance to change what you don't like, and have the chance to make your vision of what KBC ought to be come true.

- Doug Kirk

## KBC Looking For A Few Old Bikes

As mentioned in this month's President's Letter, KBC is looking for some old bikes. The idea is that some people with old, neglected bikes could donate them to KBC. We could either repair them ourselves, or pay local bike shops to make the bikes serviceable.

KBC would then identify a local service organization such as the Lions, Kiwanis, or Rotary club and donate the bikes to them to distribute to people who need the bikes, or donate them to groups such as the Boy/Girl Scouts or Big Brothers/Sisters.

So if you or someone you know has a bike that is complete but in need of some TLC and someone to actually use it, contact KBC's President, Richard Walter at 649-1944.

## October Ride Calendar

By Ride Captain Randy Putt

The weather has remained beautiful for riding. 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 (Sept 26). The Turning Leaves Century in Dowagiac is coming up and is usually one of the nicest rides each year (Oct 3). For those who like a challenge, check out the Columbus Fall Challenge Oct 2 and 3. Also, the Hilly 100 in Bloomington, IN on Oct 16 and 17 is a great way to end the touring season.

**NOTE: ALL KBC RIDES WILL START AT 5:30 PM IN OCTOBER DUE TO THE SHORTER DAYS.**

There are five ride groups at the Monday Recovery Ride at Texas Drive Park, 10-12 mph, 13-15 mph, 16-18 mph, 19-20 mph, and 20+ mph. In October there is no ride leader for the 10-12 mph or 13-15 mph groups, so those who show up can plan their ride as the weather and light permit.

The three faster groups will typically follow the same route each week. Both the 16-18 mph and 19-20 mph groups plan to stay together and not drop riders. Both groups plan work on group riding techniques and pace lining in order to improve group riding skills. Depending on the number riders who show up there may be only one group.

Steve Vonderfecht plans to lead the 16-18 mph group for about 25 miles on a part time basis. Other riders may have to lead some evenings. Randy Putt plans to lead the 19-20 mph group for 25 to 30 miles on a part time basis. Other riders may have to lead some evenings. The 20+ mph group will do their thing without a designated ride leader.

Due to the riding pace of the 20+ mph group, it can fragment into smaller groups and all the riders may not finish together. This ride can be hard and is not suitable for inexperienced riders. Some riders can be expected to be dropped from the main group. The ride is expected to follow the same route as the 16-18 mph and 19-20 mph groups so any riders who get dropped can wait for 19-20 mph group.

The Wednesday ride groups meet at the Kal-Haven trail-head 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 by Zoltan Cohen. Each

group will make every attempt to stay together.

A fast group also rides from Kal-Haven on Wednesday evenings beginning at 5:30 or 6:00PM. This is not a KBC ride, and we don't know for sure when or if they move the start time back **because they don't tell us.** The pace of the ride is typically greater than 20++ mph and the route is similar to Zoltan's route this time of year since there is no longer time to go all the way to Bloomingdale like they do in the summer. This group 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.

Kathy Barrett says the Thursday Women's Ride is over for the year, but we hope it will return next year.

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 26 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.

There are fine days for riding in October, November, and even December, so weekend rides are possible. Plan a ride for a Saturday or Sunday. Lots of us would be interested in riding. I have a lengthy e-mail list of riders, so let me know a few days in advance of the ride and I'll put the word out. Send me your e-mail address and I will add you to my list. Call Randy at 649-1814 for more information about any of these rides.

Think about being a ride leader next year. You have all winter to plan some rides. This year we promoted several special rides including the Old Car Festival Ride from Vicksburg in June, a ride to South Haven and back in July, and a ride around Kalamazoo County in August. These rides were well attended. I hope we can build on these rides next year. We especially need ride leaders at the 10-16 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 [sterling.r.putt@am.pnu.com](mailto:sterling.r.putt@am.pnu.com) to volunteer or learn more.

# October

1999

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>26 Sep</b>	<b>27 Sep</b> Recovery Ride Texas Drive Park  6:00 10-12mph 6:00 13-15mph 6:00 16-18mph 6:00 19-20mph 6:00 20+mph	<b>28 Sep</b> Breakaway Ride Breakaway Bicycles 6:00 17-19mph	<b>29 Sep</b> 6:00 20++mph Kazoo Central HS  6:00 16-18mph 6:00 19+ mph Kal Haven Trail- head, N. 10th St.	<b>30 Sep</b> Women's Ride KVCC parking lot 6:00 pm Moderate pace	<b>1</b> Tour de Gull Lake Billy's Bike Shop  5:30 18-21mph	<b>2</b>
<b>3</b> Turning Leaves Century Ride Dowagiac 24,43,68,80,100 mile routes Call 219-674-0088	<b>4</b> Recovery Ride Texas Drive Park  5:30 10-12mph 5:30 13-15mph 5:30 16-18mph 5:30 19-20mph 5:30 20+mph	<b>5</b>	<b>6</b> 5:30 - 6:00 20++mph 5:30 16-18mph 5:30 19+ mph Kal Haven Trail- head, N. 10th St.	<b>7</b>	<b>8</b> Tour de Gull Lake Billy's Bike Shop  5:30 18-21mph	<b>9</b>
<b>10</b>	<b>11</b> Recovery Ride Texas Drive Park  5:30 10-12mph 5:30 13-15mph 5:30 16-18mph 5:30 19-20mph 5:30 20+mph	<b>12</b>	<b>13</b> 5:30 - 6:00 20++mph 5:30 16-18mph 5:30 19+ mph Kal Haven Trail- head, N. 10th St.	<b>14</b>	<b>15</b> Tour de Gull Lake Billy's Bike Shop  5:30 18-21mph	<b>16</b>
<b>17</b>	<b>18</b> Recovery Ride Texas Drive Park  5:30 10-12mph 5:30 13-15mph 5:30 16-18mph 5:30 19-20mph 5:30 20+mph	<b>19</b>	<b>20</b> 5:30 - 6:00 20++mph 5:30 16-18mph 5:30 19+ mph Kal Haven Trail- head, N. 10th St.	<b>21</b>	<b>22</b> Tour de Gull Lake Billy's Bike Shop  5:30 18-21mph	<b>23</b>
<b>24</b>	<b>25</b> Recovery Ride Texas Drive Park  5:30 10-12mph 5:30 13-15mph 5:30 16-18mph 5:30 19-20mph 5:30 20mph	<b>26</b>	<b>27</b> 5:30 - 6:00 20++mph 5:30 16-18mph 5:30 19+ mph Kal Haven Trail- head, N. 10th St.	<b>28</b>	<b>29</b> Tour de Gull Lake Billy's Bike Shop  5:30 18-21mph	<b>30</b>

**KBC Ride Calendar**

## A Special Thanks To The 1999 Ride Leaders

Another great riding season is winding down. Attendance at all the regular weekly rides has been the best ever. We have also had several successful special weekend rides. There have been several tandem rides, the Old Car Festival Ride in Vicksburg, the ride to South Haven, and the Ride Around Kalamazoo County. We couldn't ask for better weather. The ride leaders and all of you riders have been doing a great job. Thanks a lot.

Special thanks go out to Lee Anderson, Kathy Barrett, Zolton Cohen, Mike and Sherry Higgins, Doug Kirk, Larry Kissinger, Dale Krueger, Rose McKenna, Terry O'Connor, Randy Putt, Rollin Richman, Paul Stevens, Bill Strome, Harriet Swanson, Steve Vonderfecht, Richard Walter, and Paul Wells. All these members led rides during the 1999 ride season.

- Randy Putt

## Turning Leaves Century October 3

It's time for my annual pitch for this wonderful ride. The Turning Leaves Century actually has the nicest roads of any one-day ride in southern Michigan. Cass County roads are generally in great shape, and traffic is nil. Even if the weather is only passable, I guarantee a great ride. **You can register the day of the ride.**

This ride is sponsored by the Michiana Bicycle Association, and is not to be found on your League of Michigan bicyclists calendar. Pigs outnumber people in this part of the world, and none of those oinkers have driver's licenses!

Routes are 24, 43, 64, 80 and 100 miles. All routes start and end at Southwestern Michigan College, which is just southeast of Dowagiac, about a 45 minute drive from Kalamazoo. Take I-94 west to exit 56, then go south through Decatur on M-51 to Dowagiac. Turn left on M-62 and follow the signs to the College.

Call 219-674-0088 if you need to learn more.

- Doug Kirk

## Ride Leaders Needed For Year 2000

We have had great turnouts for the rides this year. Since the groups have been so large, up to 40 riders at times, it is difficult for one ride leader to handle. We often could use more than one ride leader per ride group.

I encourage you riders who have participated in the rides this year to volunteer to lead rides next year. This can be either regular rides, or special/ocasional rides you decide to do, like the tandem-only rides, the ride around Kalamazoo County, or anything else you want to put together.

We could use some additional leaders. Many of the 1999 season ride leaders have been leading for several years and often lead the rides all season. A few KBC members end up doing all the ride leading, but there's just no reason for this. Ride leading is easy and fun.

Although we all enjoy leading rides, it is nice to show up and just ride sometimes. If people would take turns leading, it would be a big improvement. Routes for most of the ride nights are well established, so making up maps is a snap. If you want to have a ride of your own, just get us the information and we'll publish the information.

We do need your help. 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 [sterling.r.putt@am.pnu.com](mailto:sterling.r.putt@am.pnu.com) to volunteer or to get more information on being a ride leader.

## Flowerfest Committee Meeting October 7

There will be a Flowerfest Committee Meeting Thursday, October 7, 1999 at 6:30 pm in the basement of the Portage Public Library. We will begin planning for next year's event.

Flowerfest has become the primary revenue source for KBC, and has been growing substantially the last few years.

A little planning now can and will make putting on another quality event next year much easier. Please plan to come and take part. There are lots of little things to be done that don't take much time but are very important.

## Pulling Through

by Axel Kleat

A pace line is a wondrous thing. Even after all these years, I'm still amazed at the extra speed a decent group can generate, and how much easier it is. Last month, on the annual ride to the Mackinaw Bridge, I cruised easily at 25 - 26 miles per hour for well over two hours in a group of about forty well organized riders in two rows of pure heaven. I don't think I spent five minutes pulling at the front in that two hours. Century rides go by pretty quickly when this sort of smooth cooperation goes on.

I ride in lots of smaller pace lines around here, with many of the same people over and over. I see lots of people who have a good basic understanding of how a rotating double pace line ought to work, but only a few folks who really do the whole thing right. The most important part of the whole business is what goes on when a person gets to the front. The front is where smoothness is most vital. When you pull through, everything you do should be silky and predictable.

Pulling through is **not** the time to shift gears, stand up, drink, blow your nose, or strike up a conversation. Pulling through is **not** the time to speed up. Honest it's not. In fact, this is the most common mistake. Your effort has to increase when there's no one in front of you. But pay attention to your cadence—or your computer. Keep your speed steady.

Smoothness is critical, but the best riders understand there is a right way and a wrong way to make the move from one side of the pace line to the other. The right way is to move over gently. It should take at least two or three seconds to move from one side of the pace line to the other. Start moving over about the time your back wheel is even with the front wheel of the rider you are coming around. If the other guy has to soft-pedal one stroke or steer an inch or two to the side as your rear wheel comes across, it's okay, as long as you are going slightly faster than he is.

There are at least three reasons why you should do this. First, the prime directive is to be smooth, and this includes moving smoothly from one side to the other. Riding straight until you are past the other guy and then whipping in front of him isn't just not smooth, it leaves the guy nervously wondering when you are going to make your move, and when he's going to get your draft.

Second, this actually brings your draft to the other guy gently, so he can adjust his effort smoothly. Third, it lets the rider behind you start moving up along side you as you pull over, so his wind blast increases gently, rather than all at once.

Once you reach the front and pull over to the other side of the pace line, **then** you should **slow down** a tiny bit. Slowing down slightly makes perfect sense, if you think about it. You got to the front by going a bit faster than the people on the other side of the pace line. So when you finally reach the front, you're going a little faster than all those folks in the other row. What's more, that rider you're pulling in front of just got done pulling through and has been waiting for your big butt to block the wind. She's entitled to be a bit tired. Slowing a tiny bit makes it easy for the rider behind you to get in your draft and recover.

The most common problem I see in pace lines is people pulling through too hard, creating a gap between themselves and the rider they are coming around. If that person is tired, that gap just gets bigger and bigger, the rider behind you gets no relief from the wind, and it messes up the whole thing. If you don't slow down that little bit, the gap and resulting chaos behind you is your own fault. In other words, you can come to the front with too much speed, and the resulting mess you create behind will slow the group. If you watch what goes on out there, you will see just what I mean.

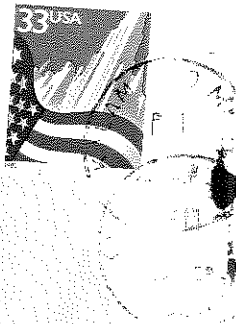
Sometimes a person gets to the front who is having trouble pulling through. Maybe there's a hill just then, or maybe that person's tired, or in just a bit over his head. It's the job of the person who just came to the front to notice what's going on and act accordingly. Slow down a bit. Don't stop pedaling—that's going to cause trouble behind you. Just lighten up a bit. And let that suffering soul know right away that his back wheel has cleared your front wheel.

If you think about these things, you'll realize that all you really have to do is ride as though the idea is to make the ride as easy as possible for two people—the rider in front of you and the rider behind you, which is really all you have to do anywhere else in the pace line. If it's a good pace line, you need not think about your own needs at all because the riders near you are looking after you already.

Which allows you to do one really important thing for yourself—pay attention to just how much you are enjoying the ride.



**KALAMAZOO BICYCLE CLUB**  
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ADDRESS CORRECTION REQUESTED

Expires 2000/02

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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

Rider Category: Fitness  Casual  Competitive

SEND TO: KALAMAZOO BICYCLE CLUB, PO BOX 50527, KALAMAZOO MI 49005