

Pedal Press



www.angelfire.com/mi/kbc/

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

President's Letter

So far this year the week night rides have had large groups going out. I am glad to see everyone coming out and enjoying themselves, but would like to remind everyone to ride safely and smartly. Last year we had a couple of crashes and I don't want to see it repeated this year.

Much of the time we spend riding together is in tight groups and pacelines. There are a couple of things to understand and remember when riding like this. Being so close together there is good chance for wheels to overlap or cross, which can quickly turn into a rider going down. When one goes down usually several more follow. Please be cautious when riding in a pack and be alert to where you are at all times.

Also, when you are near the front remember that you are the eyes for the people behind you. Point out obstacles and shout out warnings of dangers ahead. Since most of the roads we ride on have very little traffic try to avoid potholes, road kill, and the like by a wide margin. It seems like if the guys in front miss something by a foot the last guy only misses it by an inch. Everyone in the middle of the group should relay warnings all the way to the back.

Your first time in a group riding situation can be a little scary. The same applies for the rest of the group when someone new is along. If you don't know a rider leave a little more room than usual. And if you are the new guy and feel a little uncomfortable stay in the back until you see how things work.

The last item is that the law says we can ride only two abreast. Most of the roads are wide open but in many areas there are quite a few cars so ride two abreast and stay towards the right, and never cross over the centerline. Remember, we are ambassadors of the sport and we don't want to convey a bad image by riding recklessly or violating the law. What you consider safe may look reckless to the driver of that oncoming car. We had one visit from the sheriff last year for using up the whole road. Let's avoid that this year.

A little bit a safety and taking it a little easier may avoid a crash. We can all do without the crashing so think safety and enjoy yourself.

- Richard Walter

Coming Events

June 5: 100 Grand 30 to 100 mile routes between Grand Rapids and Grand Haven. A popular, relatively flat tour. 616-752-8123.

June 8: KBC Board Meeting, Tuesday June 8 at 6:30 pm. Meeting will be at the United Way offices on S. Westnedge. Everyone is welcome.

June 19-20 National 24-Hour Challenge Come join local obsessive/compulsives like Dave DeBack and Al Muldoon to see how far you—or better yet they—can ride in 24 hours. 616-241-1969; e-mail n24hc@aol.com

KBC Kids/Family Ride

The first KBC kids/family ride started at the Portage Bicentennial Park (just off Milham) and went to the Celery Flats, on May 15. The weather was great and the paved trail was clear. We had a total of 5 bicyclists who all enjoyed the ride and snacks afterwards.

The next ride will start at the same place on June 5, at 9:00 am. Come join us for this is a great opportunity for the kids to advance their skills of bicycle riding and safety. After June 5, the next one is July 10.

Note that this ride is for all levels of ability, including tricycles, bikes with training wheels, big wheels, etc. Distance is a 3 mile loop, but can be easily reduced as needed. Please call me if there are any questions pertaining to this ride. My phone number and e-mail address are on the back of this newsletter.

- Paul Stevens

Are You Expiring?

Lots of KBC members need to renew their memberships this month. We're pretty sure you don't want to miss any ride info or beatings from Axel Kleat, so if you're on the list (page 6) please renew.

1999 Flowerfest Tour, June Update

Flowerfest Tour pre-registrations are slightly ahead of last year as of this mid-May writing, which is good news. That means our advertising is working and pre-registrations in the month of June should be on the increase. Remember, the pre-registration deadline is July 1 to be eligible for the fantastic prize drawing which includes a pair of airline tickets from our friends at United Express/United Airlines.

For members who have recently joined KBC or those not familiar with the Flowerfest Tour, it's KBC's annual fund raiser, held in conjunction with the Kalamazoo County week of festivities. Proceeds from the tour help KBC promote community bicycling activities and awareness. Plus, as a KBC member, you are automatically entitled to receive a 30% discount off the tour's price. WHAT A DEAL, the benefits of a KBC membership! Super prizes, excellent food, post-ride massage plus a great fun tour.

You may also want to keep in mind that Flowerfest is a ride for everyone, with distances for all rider ability levels. Travel is on quiet country roads and food includes fresh Subway sandwiches and fresh baked MacKenzie's Bakery cookies, all at the beautiful grounds of the Bryer Patch, our rest stop. Incidentally, you may want to check out the Bryer Patch now for your spring planting ideas. See Todd or Stacey, and let 'em know that you are a KBC member in good standing. They will be pleased to answer your gardening questions.

New this year is a full 100 mile full century, for those folks who requested it. Last year the escorted family ride was well received, so it will indeed be back. Remember the folks from the Kalamazoo Center For The Healing Arts, who provided post ride massage last year? Well they to are planning for a return visit in 1999. Speaking of return visits, we are pleased to report that two members from the Saturn Cycling Team will once again make an appearance, compliments of Saturn Of Kalamazoo, over on 9th Street, just off I-94.

Everyone is still talking about Karen Kurreck and Julie Hanson, the Saturn pro cyclists, who flew in to attend last year's Flowerfest. If you didn't have the pleasure of meeting these Saturn cyclists last year, be sure to be at KVCC this year. These cyclists are real ambassadors of their sport, and could even teach you a thing or two. We had a nice post-event dinner with Julie and Karen last year and plan to do the same this year. All KBC members are encouraged to attend.

We trust that your spring riding is off to a smooth start and your 1999 riding season will be a memorable one. A highlight for your 1999 riding season should be attending the 8th Annual Flowerfest Tour. You're guaranteed to have a super time, so mark your calendar now for Sunday, July 18. Hope to see you there, and bring a friend.

We can always use additional volunteers, either for advance preparations or for the day of the event. Please call any Flowerfest coordinator if you can help.

- Al Cergol, 375-3786

- Rick Whaley, 329-1285

- Terry O'Connor

June Birthdays

Mark Atkinson

Jeff Barker

Alyce Brady

Phil Caruso

Elaine Daniel

Rosanne Degen

Cara DiJulio

Jeannette Greselin

John Hoek

Anjanette Jonas

Amy Mack

Leigh Smith

Carolyn Vonderfecht

Jeff Wetters

New Members

Marla Atkinson

Mark Atkinson

Kathy Aulds

Melissa Behnke

Roger Behnke

Aimee Brooks

Jo Cornell

Peter Cornell

Darrell Davies

Wendy Harvey

John Howson

Marcia LaFleur

Dan Kallewaard

Celine Keizer

Tom Keizer

James McNett

Paul Raynes

Lily Robertson

Ann Thomas

Kristin Wasche

Mmmm, Mmmm Good

What tastes better than Powerbars, better than Cliff Bars, better than any of that high-priced energy food AND you needn't wonder what the heck you're really eating? I'll tell you what, and here's the recipe. They're GOOD, and they're so easy even I can handle the cooking. In fact, tasting these morsels may be the best fringe benefit I've found so far in this job. Please drop off any extras at my house

- Your Satiated Editor.

Peanut Butter and Chocolate Chip Power Bars

Cream together 1 cup applesauce, 3/4 cup brown sugar or Sucranaut, 3/4 cup regular sugar, 2 eggs or 4 egg whites, and 1 tsp. vanilla.

Mix together 1 1/4 cups whole wheat flour, 1 1/4 cups oatmeal, 1 tsp. baking soda, and 1/2 tsp salt.

Mix dry mixture with cream mixture and add 1 cup chocolate chips, and 1 cup peanut butter pieces (or any combination you like). You can also add nuts.

Spread on a 15 x 10 x 1 inch jelly roll pan or for thicker bars use a 9 x 13 inch pan. Bake at 350 degrees for 25 to 30 minutes. Cool in pan and cut into bars. Put in small zip lock bags and freeze. Pop into your bike bag frozen.

They make great energy bars and the only fat is in the chips and the nuts.

- Jill Stewart

Tandem Ride Redux

Kathy Barrett and I are planning another Tandem ride Sunday, June 5 at 9:00 a.m. from the southwest corner of the KVCC parking lot (O Ave. between 8th and 9th Streets). We plan to do 60 or 70 relatively flat miles at 19 - 21 mph. The last ride (at the end of April) was just great. We all stayed together and rode to Centreville and Mendon, eating subs for lunch in front of the historic St. Joseph County Courthouse. A tandem paceline is a wondrous thing. Come join us!

Classified

For Sale - Schwinn Greg Lemond Prologue. 8 years old, steel frame, 21 inch size, Shimano 105 components, Wolber TX wheels. In showroom condition. Retail price was \$950 asking \$225. Call Bill Klein, 327-1641

KBC on the World Wide Web

KBC is now on the World Wide Web at www.angelfire.com/mi/kbc/. We hope to develop the site to provide more and more useful information about KBC and bicycling, and to provide links to other bicycling resources. The web pages have been established in conjunction with KBC's e-mail address, which is: kalamazoo.b.c@juno.com. I will be the KBC WebMaster. So, head to <http://www.angelfire.com/mi/kbc/> and mark it as a favorite. If you have KBC information or comments regarding the KBC web site, please send them to me at kalamazoo.b.c@juno.com.

- Larry D. Kissinger

Membership questions?

Jeanette Holm, KBC's membership database manager, reminds us that anyone with questions about members, membership status, expiration dates, etc. should feel free to contact her at the phone number or e-mail address on the back page of this or any *Pedal Press*.

As the *Pedal Press* Editor, I depend on Jeanette to supply the birthdays, new members and expiring members each month, and since she always gets me the goods without a problem, I know for a fact that she does a great job. So I'm using this bit of space to say thanks, Jeanette!

- Doug Kirk

Triathlon Volunteers Needed

The Boy Scouts of America will be hosting the 15th annual Seahorse Triathlon on Sunday, July 11th at the Rota Kiwan Boy Scout Reservation. Volunteers are needed to provide direction for the athletes on all three courses of the event. We need a minimum of 13 volunteers on the bike course. The time commitment would be approximately 3.5 hours (7:00 a.m. - 10:30 a.m.). For further information and/or to offer your services, please contact Rosie Grzebyk by phone: (616) 624-1962 or by e-mail: rosemary.p.grzebyk@am.pnu.com.

June Ride Calendar

By Ride Captain Randy Putt

For the second spring in a row the weather has been great for riding. Scheduled club rides are well-attended. The Monday ride has been averaging at least 40 riders spread over three ride groups. The Wednesday ride has two groups with about 30 riders. The Friday ride has 10-15 riders in two ride groups.

If you have not tried one of the club rides yet this year, come on out in June. All rides are suited for new riders and to group riding. Just pick the appropriate ride group and give it a try. If you are not sure what group would suit you, give the Ride Captain or any ride leader a call and we will be happy to assist you. Also, the 10-15 mph ride group on Monday is especially suited for families. If you any questions about any club rides, please contact me at 649-1814.

There is one change in start times. **STARTING IN JUNE THE FRIDAY RIDES WILL BEGIN AT 6:30 PM.** All other rides will remain at 6:00 PM. Keeping the Monday, Tuesday, and Wednesday rides at 6:00 PM for the season was requested by most of the ride leaders and the majority of the regular riders. I realize that some of you have a difficult time making the 6:00 PM start time on Monday, Tuesday, and Wednesdays. Give the Friday ride a try or one of the special weekend rides.

Also note that the starting point for two of the Wednesday ride groups has moved from K-Central HS to the Kal-Haven Trail parking lot on 10th St between H Ave and G Ave. The race group will continue to meet at K-Central HS at least for now.

The Monday night 19-20 mph ride leader has elected not to continue to lead the 19-20 mph group since the group typically exceeds the posted pace, fragments into smaller groups, and drops some riders. I will lead on occasion, but cannot commit to do so every week. We need volunteers. I would hope that a couple of the 20-30 riders who typically ride will come forward. Thanks.

There will be three ride leaders at the Monday Ride at Texas Drive Park. Maps will be available and the ride leaders will make sure that the groups stay together. As a courtesy to other riders in the group, make sure you are capable of riding at least the minimum pace listed for a particular ride group. The rider leaders will make sure all riders finish the ride. Mike Higgins' group goes 20 miles at 10-15 mph (the riders present will decide the

pace each week). This ride is especially suited to riders not accustomed to group riding and also to families. Steve Vonderfecht, Terry O'Connor, and Dale Krueger will share leadership of the 16-18 mph group. The 19-20 mph group has no official leader. The group can be faster than 20 mph and often breaks up into smaller groups. The 16-18 mph and 19-20 mph groups will follow the same route each week and the length of the ride will be about 30 miles or so.

Paul Wells leads a ride on Tuesday nights at 6:00 PM from Breakaway Bicycles on Romence Rd. near S. Westnedge in Portage. Paul's group rides 25-30 miles at about 17-19 mph.

The two Wednesday rides begin at the Kal-Haven Trail parking lot on 10th St between H Ave and G Ave at 6:00 PM. The 16-18 mph group is lead by Bill Strome and the 19+ mph group is lead by Zolton Cohen. Both Bill and Zolton do a great job in keeping the groups together. These are good rides to learn how to ride in a group.

A fast group also rides from Kalamazoo Central on Wednesday evenings beginning at 6:00 PM. The pace of the ride is typically 23 mph or more 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 masochists who enjoy oxygen debt. There is no designated ride leader. This ride is hard. 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 is leading a WOMEN'S RIDE on Thursdays at 6:00 from the west end of the KVCC parking lot (by the gym) starting May 20, 1999. Please spread the word. The first ride had 13 women, who broke into three groups—a pace for everyone. Everyone had a great time.

The Friday ride meets at Billy's Bike Shop in Galesburg at 6:30 PM (note the time change) for the Tour de Gull Lake. The route (about 27 miles) for this ride is a rolling loop around Gull Lake, but on occasion a 32 mile southerly route through Climax and Scotts is ridden instead. This ride has two groups. Rhonda Cross and Rose McKenna plan to lead the 16-18 mph group on most Fridays while Randy Putt and Richard Walter share ride leader duties for the 19+ group. Both groups ride the same route. We do need additional ride leaders for this ride on occasion in the upcoming ride season, especially for the 16-18 mph group.

June

1999

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	May 31 Recovery Ride Texas Drive Park 6:00 10-15mph 6:00 16-18mph 6:00 19+mph	1 Breakaway Ride Breakaway Bicycles 6:00 17-19mph	2 6:00 20++mph Kazoo Central HS 6:00 16-18mph 6:00 19+ mph Kal Haven Trail- head, N. 10th St.	3 Women's Ride KVCC parking lot 6:00 pm Moderate pace	4 Tour de Gull Lake Billy's Bike Shop 6:30 18-21mph	5
6 Tandem Ride KVCC; 9:00 am 19+ mph 60-70 miles	7 Recovery Ride Texas Drive Park 6:00 10-15mph 6:00 16-18mph 6:00 19+mph	8 Breakaway Ride Breakaway Bicycles 6:00 17-19mph	9 6:00 20++mph Kazoo Central HS 6:00 16-18mph 6:00 19+ mph Kal Haven Trail- head, N. 10th St.	10 Women's Ride KVCC parking lot 6:00 pm Moderate pace	11 Tour de Gull Lake Billy's Bike Shop 6:30 18-21mph	12
13	14 Recovery Ride Texas Drive Park 6:00 10-15mph 6:00 16-18mph 6:00 19+mph	15 Breakaway Ride Breakaway Bicycles 6:00 17-19mph	16 6:00 20++mph Kazoo Central HS 6:00 16-18mph 6:00 19+ mph Kal Haven Trail- head, N. 10th St.	17 Women's Ride KVCC parking lot 6:00 pm Moderate pace	18 Tour de Gull Lake Billy's Bike Shop 6:30 18-21mph	19
20	21 Recovery Ride Texas Drive Park 6:00 10-15mph 6:00 16-18mph 6:00 19+mph	22 Breakaway Ride Breakaway Bicycles 6:00 17-19mph	23 6:00 20++mph Kazoo Central HS 6:00 16-18mph 6:00 19+ mph Kal Haven Trail- head, N. 10th St.	24 Women's Ride KVCC Parking Lot 6:00 pm Moderate pace	25 Tour de Gull Lake Billy's Bike Shop 6:30 18-21mph	26
27	28 Recovery Ride Texas Drive Park 6:00 10-15mph 6:00 16-18mph 6:00 19+mph	29 Breakaway Ride Breakaway Bicycles 6:00 17-19mph	30 6:00 20++mph Kazoo Central HS 6:00 16-18mph 6:00 19+ mph Kal Haven Trail- head, N. 10th St.	July 1 Women's Ride KVCC Parking Lot 6:00 pm Moderate Pace	July 2 Tour de Gull Lake Billy's Bike Shop 6:30 18-21mph	

KBC Ride Calendar

Expiring in June

Yes, it's sad but true that if these poor souls don't act, their KBC memberships will run out. Sad, isn't it, when for a mere pittance they could renew their membership in the only organized bike club in the area.

So if you know any of these folks, give them the word. They'd probably do the same for you. And if—heaven forbid—you find yourself on the list, well, tear the back page off this newsletter and grab your checkbook and a pen.

KBC Members About To Expire

Alfredo Barros

Gerald Blohm

Brad Cosgrove

Bruce DeDee

Carl Degen and Family

Dan Ferrara Family

Joe Gallagher

Tom Gushurst Family

Jodi Hansen

John Hoek

Larry Kissinger Family

Mark Krook

John Looman

David Lowery

Robert Martin

Mary Meagher

Greg & Carrie Miller Family

Cliff & Robin Muller Family

Joseph Nuismer

Terry O'Connor

Renny & Donna Oas

Sally Pitt

Randy Putt

Rollin Richman

John Sorenson

Janet & Mike Teel Family

James VanBuren

Rick Whaley

Looking For A Nice, Weekend Ride?

If so, here are several coming up soon. Randy Putt is planning a 60-70 mile ride from Vicksburg on June 13 at about an 18-19 mph pace. Meet at Vicksburg High School on W Ave (Highway St. in Vicksburg) just East of Becker's Shell at 8:00 a.m. Riders at other paces are welcome, but we have no leaders for other paces. Maps of the route will be provided. The ride will cross the Centerville covered bridge with stops in Centerville and Colon. The ride will be cancelled if it is raining at the start. Also, Randy Putt will most likely be doing a dry run of the route on Saturday June 12 at 8:00 a.m. If anyone is interested, call Randy at 649-1814.

On Saturday, June 26, try the Bike to Build ride, a fundraiser for Habitat for Humanity, in Centerville. Routes from 10 to 62 miles on flat, very low-traffic St. Joseph County roads. Call 616-278-7305 for more information.

Watch for a 100 miler to South Haven and back on July 10 at about an 18-19 mph pace. We'll have more on this next month. This ride stops in South Haven for lunch at a sub sandwich shop and some relaxation on the beach, so bring your bathing suit and money for lunch. Riders at other paces are welcome, but we need leaders.

Watch for the Ride Around Kalamazoo County on August 21. Again, we'll have more information next month. The ride will be 100 miles at about an 18-19 mph pace. Riders at other paces are welcome, but we need leaders.

If anyone is interested in establishing a regular ride, road or mountain, or a one day ride at another time, please contact Randy Putt at 649-1814, or let Doug Kirk, the Pedal Press Editor know so he can put it in the newsletter. The newsletter deadline for submissions is the 15th of the month preceding publication.

KBC would like to establish some regular weekend rides and would welcome any suggestions on types of rides, locations, and times that would interest KBC members.

Looking for Something Different?

Your faithful scribe saw a hand-out for what follows in the store the other day. I know nothing other than what I've reprinted here, but it sounds interesting.

"Cycle Pines Weekend is June 11-13, 1999 at Circle Pines Center, near Delton. Bring your own gear. Enjoy the 300 acres and trails of Circle Pines and neighboring Yankee Springs Recreation Area. Dirt treks on dirt and paved roads. Programs on bike repair and bike safety.

"Two nights in our lodge and 5 healthy meals provided (one night packages available), sauna, swimming, and canoeing in our lake. All ages/biking levels.

"Full weekend is \$75/person, 1/2 price for children 3-12. Call 616-623-5555 or e-mail circle@net-link-net

Epic Ride

by Axel Kleat

Epic rides are born of excess energy and a generous helping of unwarranted optimism. They are nurtured by the foolish bravado that derives from the innate and sometimes unfortunate human instinct of ego-preservation. Which is to say that no one wants to risk scorn and derision from one's riding buddies by being the first in the group to suggest that sensible people would retreat forthwith to their nice, warm homes rather than press on.

As rookies and veterans alike keep their increasing desire to flee the situation to themselves, all involved also begin a more public discourse over just how much worse the weather can get, how badly they're going to suffer before this thing is over, and whether this year's offerings to the flat-tire gremlins were deemed sufficient.

An epic ride matures into the fodder of future storytelling around an hour after the poor souls involved begin to admit—to themselves anyway—that they sure wish they had spoken up earlier, and that they're going to remember this fiasco and not be so stupid next time. Actually only seasoned veterans keep this thought to themselves. The uninitiated whine and snivel for all to hear, thereby amusing or irritating the more jaded participants, depending upon just how bad things really are.

This particular ride didn't start out to be an epic. It started as another edition of the Kal-Haven Trailblazer, a century I've done plenty of times, and generally the first ride to Lake Michigan each year. The weather in early May is dependably undependable, and the fact that the previous weekend was incredibly gorgeous should have tipped us off.

The weatherman did his level best to warn us off too, forecasting showers and a high of 65 degrees. But the ride date was fixed, and lots of us were planning to ride together, including some great folks I don't often get to ride with. And the radar, guru of modern bike-riding decisions, looked just fine despite the gray skies. So about fifteen of us rolled out together and headed west, willing the sky to lighten up. And let me

add right now, in self-defense, that fifteen is a lot of people to risk having think I'm a wimp.

We hit a few sprinkles two or three miles out, but the real rain held up for an hour and a half. And even then, it was kind of coy about it—starting out pretty light, even letting up a time or two, suckering us into thinking it would pass on by. But by 40 miles, we were drenched and it wasn't letting up. And—oh, boy—over by the lake, it was several shivery, character-building degrees cooler. And this year the half-way food stop was right out in the open air too! Yee-ha, we're having fun now!

A mile or so after we turned back, we abruptly learned that the flat-tire gods had mixed feelings about us, striking us down with a nasty, tire-destroying blowout a block from a nice, warm gas station with HOT CHOCOLATE. As each of us stood around soaked in fifty degree rain and pouring in hot calories, we each no doubt had our own private thoughts about how glad we were someone else had to do the tire swap (well, all but one of us).

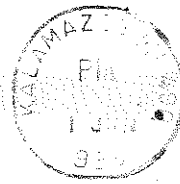
But what really made this a special ride was a complete absence of sniveling. Sure people complained about being cold and wet, but it was all good-natured. People were laughing, pulling out cameras, and telling stories, proof positive we had a great group of people facing forty more cold, wet miles.

The ride back was the sort that seals the bonds of friendship, and turns a long ride into an epic ride, the sort that you remember for years. Several miles of nasty, fast traffic in lousy, rainy conditions, two more flats, and slowly dropping core body temperatures that fluctuated between hard efforts and down time for tire patching frenzies.

The rain let up for the last fifteen miles, but so what? We were soaked through and through, our feet and fingers were white and shriveled, the temperature was down near fifty, and we all agreed we'd had a great time. The energy of the people had simply overcome the adversity of the day. I guess that's what's at the core of any epic.



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



ADDRESS CORRECTION REQUESTED

Expires 2000/02

Phil & Jini Caruso
 313 Horseshoe Court
 Plainwell, MI 49080

KBC OFFICERS

President: Richard Walter 649-1944
 Treasurer: Paul Stevens 324-9024
 E-mail: 73372.1732@compuserve.com
 Secretary: Barb Miller 349-1826

OTHER IMPORTANT NUMBERS

Database Manager: Jeanette Holm 385-5052
 E-mail: jsholm1@aol.com
 Info Line: 343-2288
 Newsletter Distribution: Gerry Blohm 375-8121
 Newsletter Editor: Doug Kirk 388-5045
 E-Mail: Kirkdoug@aol.com
 Ride Captain: Randy Putt 649-1814
 E-mail: SRBike@aol.com

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

Rider Category: Fitness Casual Competitive

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



No bicycles are allowed in the northern half of the preserve or on certain trails posted as closed to bicycles. This was the major condition agreed upon to enable reopening Al Sabo and allow mountain bikes in the preserve. Help keep Al Sabo open by observing the rules.



Hikers, please stay on designated trails and walk against bicycle traffic when on single track sections of the mountain bike trails.

No bicycles north of the land bridge.

ATWATER MILL POND

PORTAGE CREEK




PORTAGE CREEK




TEXAS DRIVE



AL SABO LAND PRESERVE

Roads
 Paved service road
 Dirt service road

Trails
 Hiking Only
 Hiking trails for foot traffic only, no bicycles.
 Main Mtn. Bike Tr. 5.89 miles
 Alternate Bike Tr.
 Mountain bike trails, open to mountain bikes and hikers. Hikers should walk against bicycle traffic on single track sections of the mountain bike trail.

 Parking and entrance
 Observation deck
 Locked gates
 No access

0 1/4 mile