

Pedal Press

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

President's Letter

Most people look ahead in their lives, seeing what the future holds. I have been doing the same as president of KBC. With the Club president normally being a one year job it is difficult for that person to really guide the Club in a specific direction. Direction comes more from the type and character of the members.

I don't know for sure where the Club is headed. I would like to see it become a more community-oriented club, helping kids, supporting other organizations, and donating money to bicycling related causes. There is a small group of members who are genuinely interested in the Club and it will be these people who ultimately determine the Club's future.

Two events are coming up that I can't predict. First, we have board member elections soon as well as the Flowerfest Tour. I am not able pick out my successor yet. We don't have a vice-president this year so it will most likely be someone not currently on the board. The Club needs a president. I know I just said that the President can't really guide the Club but someone needs to be the leader to at least keep an eye on things. Who is it going to be? What type of person will he/she be?

Second, over the last couple of years the Flowerfest Tour has really grown due to the hard work of a few. The final pieces are coming together for this year's event so it is now time for a new group to step up and start learning. We have built something really good here and we don't want to lose it. The Club needs a Flowerfest director to continue the good efforts of the past and make the Flowerfest even better. As with the president's position who this will be is not clear at all. Someone is going to have to make the leap and become tour director. I won't kid you, it does take a bit of time, but it can be a great learning experience and a good experience overall. We are looking for someone to step up.

The Club needs people to guide it. Without the leaders the Club is just a bunch of guys on bikes.

- Richard Walter

Coming Events

July 18 Flowerfest The annual KBC fundraiser is Sunday, July 18 at Kalamazoo Valley Community College, on O Ave., just west of 9th St. See article on page 2 for more information. Your Editor personally guarantees a good time for all, and if you can arrange to ride with the Saturn team riders, you won't soon forget the experience.

July 10 South Haven Ride The long awaited 100 mile ride to South Haven and back returns. Meet at the KVCC parking lot in the SW corner near the tennis courts on July 10. We will be leaving the parking lot promptly at 8 AM at about an 18-19 mph pace. This ride stops in South Haven for lunch at a sub sandwich shop downtown and then some relaxation on the beach, so bring your bathing suit and money for lunch. Riders at other paces are welcome, but we need leaders.

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

Tough Guys

Two KBC members, Dave DeBack and Rick Whaley, took part in the National 24 Hour Challenge outside Grand Rapids on June 19-20. Dave did 312 miles in 18 hours before deciding a nap sounded just too good to pass up. He thanks another KBC member, Michelle Cudahy, for her experienced and invaluable support as his crew.

Rick Whaley decided that 206 miles was enough, and I, for one, don't blame him one little bit.

Both these guys sound amazingly nonchalant describing their efforts, and I tip my helmet to them both. Bet they each slept real well afterwards, don't you?

- Doug Kirk



1999 Flowerfest Tour, July Update

With receipt of your July Pedal Press, you have probably already noticed that KBC's annual event is only about 2 weeks away, on Sunday July 18. Time goes by fast and in case you haven't pre-registered for prize drawings, well that's okay, since you may still ride anyway. Just call the Club Info Line 343-2288 or any of the Flowerfest coordinators listed. For those new to the Club, Flowerfest is for riders of all ability levels. The routes are well marked, over scenic lightly traveled roads, with great food at a beautiful rest stop, post ride sports massage plus a visit by Saturn Team cyclists. Plan to attend, you'll have a great time, guaranteed.

Speaking of the Saturn Team cyclists, last year we were fortunate to have Karen Kurreck and Julie Hanson visit Flowerfest, thanks to Saturn Of Kalamazoo, over on 9th Street. These ladies were truly remarkable plus great ambassadors of their sport. At this writing, details are still being finalized, so we have not received names of the two cyclists who will be attending Flowerfest this year. However, we are planning to have a dinner with the Saturn Team cyclists, Sunday evening at a local establishment. Everyone from KBC is welcome. It was a fun time last year.

New this year is a full 100 Mile Century route. Back by popular request is the escorted family ride of 12 to 15 miles. Since Flowerfest has grown over the past several years we will require the help of club members to participate in road marking, set up, registration, SAG support and clean up.

We also needs help and ideas for planning the 2000 Flowerfest. Since most work is done during the winter months, it won't interfere with your riding schedule. Please consider helping plan for 2000 to continue the growth and make the 9th annual Flowerfest a truly memorable event for all riders. Keep in mind that a goal of KBC is to promote recreational bicycling in our community. Proceeds from the Flowerfest Tour support KBC's participation in local activities.

We have been in close contact with the weather gods for several months and trust that all Club members and riders will have an enjoyable and memorable time at the 1999 Flowerfest Tour. Keep in mind visiting our sponsors the next time that you are in search of a product or service. Since without their support, your club could not continue to provide a quality event like the Flowerfest Bicycle Tour to our community. Hope to see everyone on Sunday, July 18.

- Al Cergol, 375-3786
 - Rick Whaley, 329-1285
 - Terry O'Connor

July Birthdays

Sandy Barker
 Marian Barnes
 Melissa Behnke
 Dave DeBack
 Sherry Gordon
 Scott Hite
 John Howson
 Justin Machnik
 Roma Mott
 Jonathan Mott
 Gary Schlender
 Bill Strome
 Steve Vonderfecht
 Molly White

New Members

Laurie Anderson
 Cathryn Bastien
 Gerald Phillips
 Anne Reineck
 Janice Selby
 Laura Tyler

Expiring Members

*Remember, friends
 don't let friends expire.
 Get them to send
 money, or try CPR!*

Adrienne Barker
 Brent Barker
 Jeff Barker
 Sandy Barker
 Jeff Barker Family
 Charles Crawford
 Jeff Kokmeyer
 Melissa Levely
 Mary Rass

Flowerfest 2000

The Kalamazoo Bicycle Club (KBC) is unique, the only organized bike club in the area, having roots that date back some 25 years. KBC participates in various community events throughout the year, helping to promote bicycle safety, awareness and advocacy. The KBC Constitution provides funding for community activities with organized events, such as the Spring Valley Race, the Little Big Race and the Flowerfest Bicycle Tour.

Today we have only one primary event, the Flowerfest Bicycle Tour, which serves as our only source for funding Club events and community activities, besides member dues. Individual member dues are only \$15, which does not cover KBC's expenses on an ongoing basis. The Board has been reluctant to raise dues, and we have offset a portion of our expenses with funding generated by the Flowerfest Tour (and in the past with the races mentioned). So, where do we go from here.

First, from rider feedback received, the Flowerfest Tour provides a quality event for our community to enjoy and which promotes the health benefits of recreational bicycling. Participating sponsors receive visibility from our advertising and promotion. As Flowerfest has grown and gained momentum, it has become a win/win situation for everyone. The Tour is something our community supports and the Board needs to keep Flowerfest fresh and growing.

The momentum and ridership gained over the past several years has significantly strained the resources of our planning committee, which consists of 4 to 5 core volunteer members. Continuing the growth and momentum means expanding the core planning committee to 8 to 10 people. Most all the work is accomplished in the late fall and winter months, so committee involvement will not interfere with your riding schedule.

Now is the time to begin planning for the 2000 Flowerfest. We need volunteers now, to share committee positions for event sponsorship, publicity, advertising, T-shirt design, planning new activities. The Board asks that you seriously consider volunteering for one of the planning committee positions to help keep our Flowerfest Tour and KBC moving forward into the new millennium. We need your support.

Please call a Board member listed on the back of this newsletter, to discuss your ideas and volunteer to help KBC continue growing.

- Al Cergol, 375-3786
- Rick Whaley, 329-1285
- Terry O'Connor

Time Is Running Out, Volunteer Needed for Seahorse Triathlon

Don't miss out on the chance to help out at the 15th annual Seahorse Triathlon on Sunday, July 11th hosted by the Boy Scouts of America 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.). **FREE SHIRTS for everyone who helps out!!!** 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.

KBC on the World Wide Web

KBC is on the World Wide Web at www.angelfire.com/mi/kbc/. We are developing 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. 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*.

July Ride Calendar

By Ride Captain Randy Putt

The good riding weather continues and attendance at the regular club rides has been outstanding. There are a couple of changes to the faster Monday night ride groups. See the article about changes in the Monday Ride on page 6.

There will be five ride groups at the Monday Recovery Ride at Texas Drive Park at 6:00 PM--10-12 mph, 13-15 mph, 16-18 mph, 19-20 mph, and 20+ mph. There should be a pace to suit all riding abilities and styles. Maps will be available. For all groups except the 20+ group, the ride leaders will make sure that the groups stay together and riders don't get dropped.

Lee Anderson and other members of the Portage Peddlers plan to lead a group at 10-12 mph for about 20 miles. Seven riders attended the inaugural ride on June 7. Mike Higgins will lead a group for about 20 miles at 13-15 mph. The 10-12mph group and the 13-15 mph group plan to follow the same route, though this may change later.

Terry O'Connor, Dale Krueger, and Steve Vonderfecht plan to lead the 16-18 mph group for 25 to 35 miles. Larry Kissinger and Randy Putt plan to lead the 19-20 mph group for 25 to 35 miles. The following two groups will typically follow the same route. Both groups will practice group riding techniques and paceline skills in order to improve group riding skills.

A new 20+ mph group has been formed. No ride leader has yet been identified. Due to the riding pace and style 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. The ride should 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 Tuesday ride from Breakaway Bicycles on Romence Road near S. Westnedge in Portage leaves the parking lot at 6:00 PM. Paul Wells leads the group for 25 to 30 miles at about 17-19 mph.

Two Wednesday rides begin at the Kal-Haven Trail parking lot on 10th St between H Ave and G Ave at 6 PM. Enjoy the rolling hills of northwest Kalamazoo County for a ride of 25 to 35 miles in one of two groups.

The 16-18 mph group is lead by Bill Strome and the 20+ mph group is lead by Zolton Cohen. Bill and Zolton could use some help, so volunteer to be a ride leader. 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.

In addition, the Wednesday Hammerfest continues to leave Kalamazoo Central High School at 6:00 PM. There was some talk of moving the start out to the Trailhead, but some traditions die hard, it seems. The pace of the Hammerfest is typically greater than 23 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 masochists. There is no designated ride leader. The group typically fragments into smaller groups and the riders practically never finish together. This ride is HARD. 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 is leading a WOMEN'S RIDE on Thursdays at 6:00 from the west end of the KVCC parking lot (by the gym). Please spread the word. The ride breaks into three groups, so there's a pace for everyone. This is just the sort of ride that we need more of—a ride taylored for a specific sort of rider, to get more people interested in riding and especially group riding.

Come join us on Fridays in the parking lot behind Billy's Bike Shop in Galesburg at 6:30 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. On occasion we do a 32 mile southerly route from Galesburg through Climax and Scotts instead. There are two groups, 20 mph group which I often lead, and Rose McKenna leads a group at about 17 mph. Each group finishes together. Rose can only lead occasionally, so additional leaders are needed.

Two special one-time rides are described on page one of this issue.

Call Randy at 649-1814 for more information about any of the rides described above. There is always room for a special weekend ride. Anyone can organize one. Just send me a description by the 10th of the month prior to the month of ride and we will get it into the newsletter.

July

1999

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

KBC Ride Calendar

Portage Bikeathon Changes to the Faster Monday Night Rides

June 5 was the first Portage Bike-a-thon. Officer John Blue from the Portage Department of Public Safety made all the arrangements for a great kids bicycle safety event, held at Celery Flats. The Ameritech Pioneers donated 40 helmets to needy kids selected by the Portage Community Outreach Center. KBC helped out by giving safety instructions to the kids and fitting helmets. Rose McKenna, Stephanie Kennedy, Chris Barnes, Zolton Cohen, and Richard Walter were on hand to show kids the proper rules of the road. Chris Barnes was the lead person for KBC and should be applauded for his community service, as well as Rose, Stephanie, Zolton and Richard. It was a great day and everyone had fun.

- Richard Walter

KBC Kids/Family Ride Canceled

Based on the level of participation, the remainder scheduled date of July 10, 1999, has been canceled. There will be no additional dates scheduled for this ride. This ride showed great potential for advancing beginning level bike riders to the next skill level(s). We will keep this ride in mind for the future, for when the members of the Club determine that there is a need!

I plan to continue riding this with my son, so if there is any interest in joining us, please give me a call at 324-9024.

- Paul Stevens

I led the Monday night 19-20 mph group a couple of weeks ago and got dropped after about 8 miles. This is the third time in 5 weeks that the ride leader has been dropped from this group, and it isn't always me, either. Although dropping the ride leader is not a concern, how many others have been dropped from this group? I contacted some Monday night riders about this and received several replies. I felt Mark Prairie's was well written and summed up the situation nicely

"If (Randy) got dropped, then the rest of us don't stand much of a chance. Apparently this is happening more regularly. This has been troublesome to me in the past. In my experience, the Monday night ride has never been a "recovery" ride, since anyone dropping people did not really come out for that purpose. I thought the idea was that most people may be riding harder or longer on the weekend, as you did, and would use this as a passive training day to relax and get refreshed. But for some people Monday may actually become the hardest ride of the week. Aggressive riding, hill training, and pseudo-racing is fine, but everyone needs to have that clear understanding from the beginning.

"Averaging 20 mph is not the same thing as maintaining a steady 20 mph pace. I'm not surprised the group fragments or people are outright being dropped when people attack the hills or hit maximum speeds of 30+ mph. I don't know that everything needs to be about riding faster, especially on Monday, right after the weekend. A smooth, reasonably fast group ride with everyone working together is sure fun, and is much more akin to a "recovery ride."

"Group riding can be intimidating, so I would like to see the more experienced riders in the club promoting and teaching these group riding skills. In the past, it's been more or less that if you could ride fast enough to hang on then you were considered competent enough to ride with the fast group. I can't say I'm very comfortable with someone crossing my back wheel, or being behind someone who drop-kicks their rear wheel on a climb, or riding in the middle of a big pack with someone using their new aero bars. People may not even realize what they're doing or the unsafe position that puts everyone else in. There's no doubt that group riding can be fun and fast, but also dangerous without disciplined and courteous participants."

So, as Ride Captain, I am making the following changes to the Monday night ride effective immediately: A new 20+ mph ride group has been added, with the understanding that this group is fast, often attacks hills, sprints on occasion, and the pace may not be steady so riders may be dropped. There is no ride leader at this time. These points must be made clear at the beginning of the ride. I think, however, the group should stay on the designated route. If the group decides to use an alternate route, then the route should be explained before the riders leave the parking lot. Also, it is desirable to have one or more of the 20+ mph group to lead the ride (know the route).

I also propose that the 16-18 mph and 19-20 mph groups maintain a steady pace and work on group riding techniques with the understanding that each group will stay together. If the group fragments a bit in the hills, it will regroup at appropriate times to allow riders to catch up. Hopefully, these groups can follow similar routes to the fast route and pick up anyone who is dropped.

- Randy Putt

Mr. Manners

by Axel Kleat

A fellow rider suggested the other day that I ought to write about bicycling manners. What makes me an authority, I wondered. No one would ever be fooled into thinking I know much about etiquette generally. But the fellow pointed out that I had ridden lots of miles for lots of years with lots of people, and must know something. Maybe so. Plus, I've got this page to fill. So I guess I'll take a stab at it.

First a caveat. I'm not touching on cars and manners with a ten foot pole. It's too personal, and too emotional. We've all got to come to terms with the whole range of drivers out there in our own way and on our own terms. Besides, if you haven't already done so, you must be a mountain biker. Nope, I'm just dealing with niceties between roadies here.

Lots of biking etiquette depends on the nature of the ride. I don't see many manners being practiced when riding with the Hammerheads. No one expects much in the way of manners from thrill-seekers testing their anaerobic thresholds. This is not to say that there are no rules of order (lead, follow, or get out of the way), but politeness just isn't the order of the day when riding at near race pace.

For example—as he starts up the fast side of a double paceline, a Hammerhead rarely mentions to the rider he's coming up beside “you're it” so the poor soul knows he's all the way to the back of the group and it's time to switch sides and accelerate *before* a gap opens up leaving him stranded in a nasty headwind five—oops, make that ten—yards behind a 25 mph pack. This is not to say such exchanges never happen, because they do on rare occasion, and I am truly grateful for each and every one.

Now, this little courtesy ought to be the rule on any other group ride. Sometimes it really is. But when hammering, one ought not expect such niceties, perhaps because the other guy is concentrating on blowing out some snot while he's at the back (a rarity certain to garner Mr. Manners' approval) or is so far in oxygen debt that his vocal chords refuse to function. More likely the guy doesn't realize where he is because he's fixated on the wheel ahead of him, never even thought about it because all his blood is headed toward his thighs, or figures that if he has to fend for himself, you can too.

My personal favorite move to hate (and I know I've done it too) is one that happens in all but the best groups. It can happen anywhere in the pack, but for the greatest effect is done at the front, where it can reek the greatest havoc. Here's the scene. There you are, having stoutly pulled to the front of the pack in that nasty wind, switched sides nice and gently, and dialed the speed back ever so slightly. The next guy comes through right on cue, and you watch gratefully as he pulls in front of you, bringing that wonderful draft behind him. Then, just as you relax, the jerk **stands up**, for heaven's sake, and his rear wheel drops back so close you can read the sidewall of his tire! The fact is that everyone's bike—yes, yours too—drops back at least a foot when you stand up. So warn people when you're about to stand, or make sure there's some extra room back there before you drop your wheel into someone's spokes.

Here's another dumb move, one I see almost every group ride, and which simply has got to stop. The group cruises to a stop sign, and there's a car or two coming. One or more clods at the front zip across even though there's no possible way the whole group could make it. Sometimes they even yell “Car left” and cross anyway. You have no business crossing if the group can't do so safely. There is no prize for being the first one across, and you just show the driver how stupid bicyclists (and you in particular) really are.

Oh, one other point. Never, ever cross wheels. No excuse can justify this cardinal sin. And it is a cardinal sin. Guard your front wheel jealously. Letting the front of your front wheel cross the plane of the rear of the wheel you're following is seductive, especially in cross winds. The closer you get, the better the draft. But if that wheel you're following does more than just graze your wheel, you **will** go down. And you'll probably take down a few people who were, until moments before, your riding buddies.

Every move you make should be considered in light of the whole group, whether it's calling out the intersection, changing position in the group, blowing out snot or (heaven forbid) crossing wheels. So be smooth, real smooth. Study smooth riders. Don't make sudden moves that might mess up someone around you. Communicate. Think for the group. Stay off the aero bars unless you're all the way at the front. Protect your wheel. Mom was right about manners. Think about everyone else, not just yourself. Fact is, despite that ego you're in love with, you aren't any more important than anyone else out there.



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ADDRESS CORRECTION REQUESTED

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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