

# Pedal Press

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



## President's Letter

The Flowerfest Tour is over with and what a relief. We did a lot of planning, made tons of phone calls, and ran a hundred errands. In the end it comes down to the weather, something we can't control. We were blessed with a beautiful day and the turnout was better than we hoped. We had people from all over the state, from Illinois, and Indiana. All the people on the Flowerfest committee worked hard and it showed. There were lots of compliments from the riders and I think everyone had a great time.

I want to extend a special thank you to all the Club members who helped out. The membership really came through when it was needed. We had the biggest turnout ever of volunteers at our Tuesday night road painting party. It's a lousy job but people showed up. On Sunday we a great group helping out at the rest stops and registration. It was nice to see people volunteering that I hadn't seen in a while. If you rode at the Flowerfest you need to say thank you to all the Club members that worked. Their effort made your good time possible.

Mention must be made of the corporate sponsors. You may not realize it but all the companies shown on the registration form and on the T-shirt donate money, either in cash or product. Without their money the profit from the Flowerfest Tour would be very small. The sponsors guarantee us a profitable event, which means we have more money to donate to community charities and events. Next time you're visiting one of the sponsors tell them thank you for helping out. A good word from the general riding public will insure they come back next year.

I can say I am proud to be a Kalamazoo Bicycle Club member. Your ideas, help, and encouragement make me, and the others who worked on the Flowerfest, feel that we did something worthwhile. With the money we raised we can help others in the community and make a difference in the Kalamazoo and Portage areas. Give me a month or two and I will be looking forward to next years event.

- Richard Walter

## Coming Events

**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. KVCC parking lot, 8:00 am. See details on page 4.

**September 12** 18th annual Vineyard Classic, Paw Paw. Registration starts at 7:00 am. 20, 40 & 60 mile routes in rural Van Buren County. Call 657-5672 or read story within for details.

## Flowerfest A Big Success

As this is written, Flowerfest was just a couple of days ago. The weather was great, and this was reflected in the biggest turnout ever. All the details will have to wait until the next issue, but we had about 1/3 more riders than last year.

Saturn Race Team members Chris Wherry and Tana Stone added real class to the goings on, riding incredibly smoothly and just as fast as anyone wanted to go.

The post-ride massage from the Center for the Healing Arts was just fabulous, and I for one have to hand it to these fine people for their willingness to dig in to some really sweaty bodies.

The Subway subs and baked goods from MacKenzie's really hit the spot along with the Cliff Bars and other food. The list just keeps going.

But for myself, I want to say that the most outstanding single thing was the course marking—the best I've seen, period. I tip my helmet to Zoltan Cohen and Tom Cross and the rest of you, even if Tom did overdo just a bit!!

- Doug Kirk

## Big Money For Bike Routes And Things

Depending on whether (or how well) you read the *Kalamazoo Gazette*, you may not know that three large grants have recently been received by the City of Kalamazoo "to assist with implementation of several key projects recommended in the Non-Motorized Transportation Plan. This plan was the brainchild of a group (The Non-Motorized Task Force; I was a member) funded with grants in excess of \$100,000 whose purpose was to come up with this plan. Against my wishes, we spent the money on planning experts rather than improvements. Three of the recommendations in the plan have received grants so far.

\$36,500 goes to Metro Transit to put bike racks on city busses, all of them, I understand. I personally expect these racks to get very little use, and I also fervently hope I am proved completely wrong.

\$280,000 goes to the City "to continue the Kalamazoo River Valley Trailway from the Ed Annen Sports Complex westerly through Red Arrow Golf Course and Rose Park to Harrison Street." Somewhere down the road, the plan also calls for linking this trail with the trail system in Battle Creek which now comes part way to Kalamazoo along the Kalamazoo River. Cautious optimism is warranted here.

The biggest grant by far is for \$1,250,000 "to construct the trailway from the west side of downtown (Kalamazoo) along the abandoned South Haven railroad to the Kal-Haven Trail State Park." You may never have noticed, but this old railroad right-of-way is set back a hundred yards or so from the south side of Ravine Road, though just where it runs in the City is still a mystery to me. It's where the Kal-Haven Trail would go if it kept on going east from the 10th St. trailhead.

Construction is to begin next year I'm told. I might have to get the mountain bike out this fall and try to find the whole route. I do know that there are no plans for a separate bridge over US-131, the path will cross the Highway on H Ave.

Frankly, all this is great, but my concern is that the powers that be will think these routes can take the place of adequate shoulders and maintenance to the roads themselves.

Doug Kirk

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## Classified Ads

**For Sale** 1999 Cannondale F900 mountain bike. Brand new, never ridden. 19 inch frame, Magura disc brake, FattyD Headshock \$1300 or best offer. Katie Julius (616) 383-6558

**For Sale** Terry Road Bike. 9 years old, but very few miles. 22 inch (56 cm) frame. Red, triple crank with 165 mm crankarms (rare!) and toe-clips. Index shifting, 18 speeds. Excellent condition, asking \$350. Call Charla or Steve at 349-1742.

## August Birthdays

Kathy Appledorn  
 Duva Appleman  
 Cathryn Bastien  
 Stephen Dunyak  
 Gerald Phillips  
 Kristine Wilkinson  
 Kathy Orr  
 Aimee Brooks  
 Jeff Robertson  
 Jill Stewart  
 Tyson Vonderfecht  
 Michael Beauchamp  
 Stephen Barnes  
 Greg Bouwman

## August New Members

Kristine Wilkinson  
 Keith Wilkinson  
 Jason Ochoada  
 Brad Hackman  
 Anne Pancella  
 Paul Pancella  
 Keith Boneburg  
 Maureen Gibson  
 Les Davis

## Tour De Pond

What, you might well ask, is Tour De Pond? It's a small group ride around Lake Michigan. Not actually all the way around, but most of the way, and plenty far enough. We just got home.

The ride left Grand Rapids on July 8, and went to Ludington, where we hopped the ferry early the next morning and crossed the big lake (cleverly going into the wind) to Manitowoc, WI. We then biked up and across the upper peninsula and back down to Grand Rapids in a total of ten days, spending nights in Green Bay, Menominee, Escanaba, Manistique, St. Ignace, Bellaire, Cadillac, and Fremont. The total riding distance was 830 miles.

But none of us actually rode quite that far because of the way the ride worked. There were only ten riders, one of whom volunteered his pickup truck for the entire trip. We all threw our duffle bags in the truck each day, and we took turns driving the truck. Some people wanted to drive more than others, and since the trip averaged 83 miles a day, it was easy to get as many miles as you might possibly want. The group generally split into two groups every day, but this posed no real problems since the truck would just cruise along in front or between us.

The people behind the ride are members of the Rapid Wheelmen from Grand Rapids, and this was their third year doing the ride. They are getting to know which roads to take, especially in the upper peninsula, where we pedaled some gorgeous, completely empty roads. Still, many miles on US-2 were unavoidable, but this was far better than I'd expected due to a huge, well-maintained shoulder. Besides, the views of the lake were great.

We stayed in motels and ate in restaurants yet the trip was still reasonably priced, since with everyone pitching in to cover expenses for the truck and the ferry, food and lodging was practically the only other cost. We got group rates at the motels since the reservations were made well in advance, but we all paid separately for our food and lodging.

Small rides like this seem to have their own personalities, and you get to know the people eating meals together (and drinking a beer or two in the evening), which is very nice. We biked over 750 miles of this particular trip and I actually gained 5 pounds, which I suspect might be related to a rule on this particular ride that everyone MUST eat ice cream every day, in addition to the aforementioned brewskis.

It occurs to us that if a group wanted to tour this way and camp, a wonderful vacation could be had very reasonably. Upon our return, we got out the maps and began thinking of other circle trips we might put together next summer.

-Kathy Barrett & Doug Kirk

## Expiring Members

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

Paul & Annie Guimond

Dale & Ruth Krueger

Bryan Lewis

Richard Lutz

John Mathieson

Leigh Smith & Rose McKenna

Will McWhorter

Harley Pierce

Mark Prairie

Henry Pressler

Jackson and Clara Scholl

Harriet Swanson

Victor VanFleet

Judy VanFleet

Laurie Walsworth-LeMieux

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## KBC on the World Wide Web

KBC is on the World Wide Web at [www.angelfire.com/mi/kbc/](http://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](mailto: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](mailto:kalamazoo.b.c@juno.com).

- Larry D. Kissinger

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## 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*.

## August Ride Calendar

By Ride Captain Randy

We couldn't ask for better weather. Riding has been a pleasure so far this summer, but it is sure hard to get anything done at home. The attendance at the regular club rides has been outstanding and I've heard no recent reports of riders being dropped. The ride leaders and you other riders have been doing a great job. Thanks a lot.

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. There should be a pace to suit all riding abilities and styles, so come out and give it a try at 6:00 PM. Maps will be available. For the following Monday groups the ride leaders will make sure that the groups stay together and ride as a group.

Lee Anderson and other members of the Portage Pedalers lead a group at 10-12 mph for about 20 miles, and Mike Higgins leads a group for about 20 miles at 13-15 mph. The 10-12 mph group and the 13-15 mph group plan to follow the same route.

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

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. Some riders can be expected to be dropped from the main group. The ride should follow the same route as the 16-18 mph and 19-20 mph groups so any riders who get dropped can drift back to another ride.

The Tuesday ride from Breakaway Bicycles on Romence Rd 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. Give this ride a try.

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. The 20+ 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.

The Hammerfest also departs Kalamazoo Central High School on Drake Road Wednesday evenings at 6:00 PM. The pace is greater than 20++ mph and the route goes to Bloomingdale and back (46 miles), is well known to most of the riders, and no maps are available for this ride. This group consists of racers and other anaerobically challenged masochists. There is no designated ride leader. The group typically fragments into smaller groups and the riders rarely finish together. This ride is hard and is not suitable for inexperienced riders. 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 PM 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 tailored 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 deGull Lake. There are two different groups. 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, and maps are available. On occasion a 32 mile southerly route from Galesburg through Climax and Scotts is ridden. Rose McKenna leads one group at about 17 mph. This group finishes together. Rose can only lead occasionally, so additional leaders are needed. Richard Walter and Randy Putt lead the faster group. The pace for this group is typically greater than 21 mph at this time of year. The ride leaders will make sure that all riders finish the ride.

August is upon us and the Ride Around Kalamazoo County is planned for August 21. The ride will be 100 miles at about an 18-19 mph pace. Riders at other paces are welcome, but we need leaders for the other ride paces. Meet at the KVCC parking lot in the SW corner near the tennis courts on August 21 at 8 AM. We will be leaving the parking lot promptly at 8 AM at about an 18-19 mph pace. This ride will stop about 3 times to refuel, so bring food and/or money for food and drink along the way. The route is being prepared by Larry (the webmaster) Kissinger and Rollin Richman. Larry and Rollin promise some surprises.

Call Randy Putt at 649-1814 or email [sterling.r.putt@am.pnu.com](mailto:sterling.r.putt@am.pnu.com) for more information about any of the rides.

# August

1999

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

**KBC Ride Calendar**

## Vineyard Classic, And More

With the demise of the Cereal City Century, the Vineyard Classic is the only September tour really close to Kalamazoo. It's been running out of Paw Paw long enough that this year's edition of Sunday, September 12th will be the 18th in a row.

Though some years the route just enters the west edge of Kalamazoo County, the tour's best feature is its deserted, gently rolling Van Buren County roads. The scenery is often terrific, especially the many vineyards along the way.

Though the longest route is 62 miles, this year (as for the past several years) many KBC members will meet at KVCC at 8:00 am to ride out to Paw Paw, then do the Tour and return, making a full century.

The last two years, the return to KVCC has turned into a bit of a spectacle. It seems there's a parade in Paw Paw at 1:00 pm or so the same day (it's all part of the Wine & Harvest Festival) and several of us have found ourselves IN the parade trying to get out of town.

The weather in September is generally very cooperative, and last year the organizers (Paw Paw Service League) even had massage therapists at the end an idea no doubt pilfered from our own Flowerfest organization.

The Tour starts and ends at the Van Buren County Human Services Building, which is on Hazen St, about a quarter mile north of Red Arrow Highway. Take Red Arrow (Stadium Drive) to Paw Paw, and turn right at the first stop light past the State Police station and Maple Lake, both of which are on your right as you go through town.

Cost is \$10 if you pre-register by 8/14, \$15 thereafter. Call 626-657-5672. They even have T-shirts!!

## Ride to Eat

## Eat to Ride

## Lance and Posties Dominate Tour de France

This will probably be the only story you'll read about Lance Armstrong the the U.S. Postal Service Team winning the Tour de France that doesn't mention that he overcame cancer—Oops!! But no more.

Lance is one heck of a cyclist, amazingly tough mentally, and apparently drug-free too. But to me the real story is his team. Road racing is truly team sport, and to their credit, the ESPN TV coverage this year actually developed this aspect of what is the biggest event in cycling bar none. There's no way Lance would have done so well without a terrific team.

The best part of all is that most all of the U.S. Postal Service Team in the Tour was American. Tyler Hamilton, Kevin Livingston, George Hincapie, Dearborn, Michigan's own Frankie Andreu, Christian Vande Velde, Johnathon Vaughters (who crashed early on) and Lance are all as American as their Trek Bicycles, which are made in Wisconsin. In addition, Bobby Julich, who also crashed out early, is another American riding for a French team, Cofidis. I truly hope this bodes well for the future of bicycle racing here.

One point the mass media missed is that this is the first time (to my knowledge, anyway) the Tour has been won on American bikes. Actually, this is a little hard to say because the names you see on those frames they race over there aren't necessarily the company that built the bike. This has been especially true with titanium frames. American manufacturers were ahead of the Europeans with this material (and with the new aluminum alloys) and it is known that under some European paint and decals in past years were Litespeed or Merlin frames.

This year three different American bike companies provided frames to three different teams. In addition to the Trek/Postal connection, Cannondale supplied Saeco and GT Bicycles supplied Lampre.

If you are interested in learning more about the Tour, I strongly recommend a visit to the Velonews website—[www.velonews.com](http://www.velonews.com). Besides having stories on each stage, the best reading is a daily, state-by-stage column by Frankie Andreu. You'll learn stuff you had no idea about, and get a real racer's perspective about the whole event. If you have any interest in the Tour at all, check out Frankie's stuff.

- Doug Kirk

## Conflicted

by Axel Kleat

I can't figure out what's the best thing to do on Wednesday nights, when the two best training rides in the area go on simultaneously, and over many of the same roads.

There's the Hammerfest, the ride so hard and unforgiving that KBC disowned it three years ago, cranking 46 miles from the high school to Bloomingdale and back just about as hard as most of the fastest and strongest riders in southwest Michigan can go. Anyone who can stay with the boys at the front through the hills to the end will fare well in races.

And there's the misnamed Half-Fast Ride, which is just a tick slower and fifteen miles shorter than the Hammerfest. Sitting in the back of the Hammerfest is just about the same effort as rotating around the front of what should be called the Two-Thirds-As-Long Ride. Both rides drop a goodly number of riders out the back of the pack every week, but the slower ride is a bit more forgiving, and people actually check up on you if you have a mechanical, or sometimes even circle back to pick you up if you flat.

Other than length, the biggest difference between the two rides is not speed, but a curious combination of attitude and power. I'm vaguely competitive in the sprints on the shorter ride, where the sprints are conducted in a sort of safe and mannerly fashion by, generally with two or three participants. With the Hammerheads, up to a dozen riders swerve, jump and jockey for position, sprinters sometimes swerve into the other lane looking for room, and I have absolutely no chance. I used to get demoralized when I'd suck the wheel of a good sprinter, in great position to come around, only to have him jump away from me, taking his draft with him, leaving me adrift with the backmarkers wondering if I was off the back for good. But I learned from this repetitive pounding. If you endure this sort of thing long enough, it stops being an ego-sensitive issue, and you simply resign yourself to it.

There's no doubt I've learned lots of other things from the Hammerheads too. I've learned what it feels like when guys will not let up for a few seconds so people a couple of dozen yards back can catch. I've learned to

(occasionally) summon the necessary reserves to catch them myself, and I have felt intense pride from having dug deeply enough to do so. I've learned that being strong enough to ride in a pack of truly fast riders most definitely does not mean I can sprint—much less climb—with them. I've learned that if you have a mechanical, most likely they won't stop, just like in races.

I've watched strong riders take it so easy in the pack (to save energy for later) that others get mad at them—just like in races. I've watched guys at the front fly through intersections with cross-traffic when it wasn't safe for them, much less the two dozen people right behind them. But one lesson I've had pounded in so thoroughly I won't ever forget is this: Hammerhead is very often synonymous with Hardheaded.

Now, let me hasten to add that I truly enjoy riding with these nuts 99% of the time. They have done more to make me strong than anything—and everything—else I've tried. It's truly exhilarating to know I can actually stay with these guys—most of the time. But that 1% is sometimes so appalling that even though I'd love to do the extra miles, lately I've fled to the relative sanity of the shorter ride.

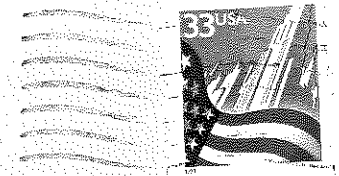
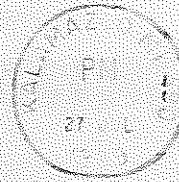
On the short ride, I still bust my butt, struggle in the hills, and am thoroughly wrung out at the end. But I don't get spit out the back, at least not yet. I get offer tips to other riders slower than I am, a few of whom actually listen. Some even ask my advise. Many riders don't spin quite as smooth or aren't so comfortable in the paceline. Gaps are much more likely, and people try to sneak down to their aerobars on occasion. In the Hammerfest, I worry about being taken out by some angry driver or a hole nobody bothered to call out, while on the Half-Fast ride, I worry more about the relative inexperience of some of the riders causing a pileup. But we still go like hell, and it's a great time. If only they'd add in some more miles...

Still, there's no substitute for the pride that comes from knowing I'm riding with the fastest people around. I suppose it's a wicked brew ego, hard-headedness and testosterone make them act like they're bulletproof sometimes. And when I'm with them, I have to admit I get to feeling that way too.

I only wish it was true.



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 Cycle Works & Sports ..... 353-7615  
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 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**

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