

# Pedal Press

The Newsletter of the Kalamazoo Bicycle Club, Inc., December, 2000

www.angelfire.com/mi/kbc/



## President's Letter

I will never forget Sunday, October 22, 2000. It was the day I was inducted into the KBC Hammerhead Society. It was two weeks before my Ironman Florida triathlon. I was told we were going for a leisurely ride. (That should have been my warning!)

The ride group consisted of about 10 solo riders and two tandems. I was on the back of one of the tandems with Vice President Kirk (*Golly, that sounds official- Ed.*). He assured me all would be well. (That was warning number 2!)

It was a smooth start, as we gently started to climb our first hill. (That was warning number 3!) I was in oxygen debt before we were half way up! But I chugged along to help my partner out. I couldn't be a wimp on my first official club ride as President, you know. After that first climb things settled down.

The rest of the ride was wonderful as we started a paceline. Doug was very gracious as we rode along, filling me in how this drafting stuff really works. It was very educational. I learned so much, and got semi-comfortable riding in a pack. This was a new experience for me and I am looking forward to trying it again solo next spring. Maybe.

P.S. The leisurely pace was getting more intense as we ventured further out into the countryside. And thank you Kathy for intervening on my behalf! Gulp!

**Club News:** The elections are over! We had a great turn out at the November meeting and if you were not there, you missed a great time. It was so nice to see everyone and then share their ideas and goals for the new year. Did you know that I was elected president for the year 2001??? It was a close race, so thanks for your support!

You can read all about the meeting and who got elected to which positions in the Minutes. Welcome to the new board members and thanks to the 2000 board for the awesome job they did this year to hold this club together without a president!! Thank You All!

-Karen Sue Ouellette

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## Editor's Special

Many of you will recall Han, an extremely likeable and very strong rider who was also a WMU graduate student. Han finished his degree and has moved to Arizona, and asked that we sell his one year old Performance rollers. They're in as-new condition, with aluminum rollers, and certainly have Steve Cox's seal of approval. Call me, Doug Kirk, if you're interested, at 388-5045.

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## KBC's Wish List:

We wish for volunteers to keep local local bike shops stocked with KBC membership forms and Flowerfest applications. Please contact any Board member—numbers and addresses are on the back page.

## Annual KBC Recovery Date Set For January 13, 2000

KBC's annual winter party, also known as the Recovery Party, will take place Saturday, January 13, 2001, at 6:00 PM, according to Karen Sue, who took a good look at the calendar, as well as available meeting places and watering holes before selecting the date and location.

This year's party will take place at the Chuck Jaqua Realty office located at 221 S. Drake Road, south of West Main St. at 6:30 PM.

**PLEASE PARK IN BACK AND USE THE BACK DOOR.**

To quote Karen Sue: "Jinny (Ahrens) and I are working together on this project and we want to make it a very special evening. I have some ideas I am working on right now. Rest assured it will be a fun evening! We will take care of all food, invites, beverages, etc. Even some interaction might play into the evening! Maybe a surprise too!"

Perhaps we'll have more to report next month, but for now, just mark your calendars! We hope to have a really big turnout.

## What About A KBC Directory?

Should KBC publish a directory of its members? If so, what information about the members should it contain? This is a subject on which members who attend the KBC meetings have differing opinions, with the result that we have published only a list of names (without addresses, phones, email addresses, etc.) the last couple of years. This list has been included in one of the winter issues of the *PedalPress*.

Some of us want to publish a directory with everyone's phone number and email address, and maybe street address. We plan to take this matter up in some detail at the December meeting, so if you have something to say on the subject, please plan to attend, or at least let a Board member know your thoughts. The two sides of the issue can be summarized as follows.

Some members value their privacy highly enough that they oppose any information other than their names being available to other KBC members. These people fear spam emails, junk phone calls, and other nuisances from unscrupulous people gaining access to a KBC directory.

Others feel that it is important to be able to contact KBC members easily, and on short notice. In particular, email addresses and phone numbers are very useful for lining up riders for impromptu rides. In addition, some members feel that we need to get a better idea who is (and who is not) in KBC since we all know that many, many riders who attend our rides do not belong to KBC. A directory would facilitate identifying these people so we could request that they join KBC.

We'd like to have as much input on this issue as possible, so please attend December's meeting if you can.

## December Birthdays

George Boulding  
 Wiley Boulding  
 Wiley C. Boulding  
 Al Cergol  
 Joe Dill  
 Julie Dill  
 Paul Guimond  
 Maddy Guimond  
 Abby Guimond  
 Sherry Higgins  
 Cody Johnson  
 Mike Jones  
 Dan Kallewaard  
 Stephanie Kennedy  
 Greg Lawford  
 Amy Lehman  
 Jeff Miller  
 Donald Mitchell  
 Rob Nicey  
 Karen Sue Ouellette  
 Greg Petty  
 William Rewalt  
 Holly Scribner  
 Lindsey Scribner  
 Paul Stevens  
 Beverly Thome  
 Monica Tory  
 Richard Wolf

## New Members

John Abbey  
 Tony Artiles  
 Emil Berro  
 Joseph Corbett  
 Melissa Corbett  
 Jeff Corbett and Family  
 Scott Freer  
 Steven Kuntzman  
 Maynard Oberlin  
 Matthew Seaman  
 Jack Shook  
 Rick Updike

## Expiring Memberships

*Geez! It's bad news when the Editor has to print that his own membership is about to expire. I'll be sending in my money pronto. If you see any of the folks below, PLEASE remind them to ante up!*

Arthur Albin Family  
 Kathy Barrett  
 Ron Bush  
 Jeanette Holm  
 Doug Kirk  
 Rose McKenna  
 Jeff Miller  
 Charles Miller  
 Kerry Miller  
 David Sluyter  
 Jill Stewart  
 Nancy Summers  
 Beverly Thome  
 John Thome

## BMX Club Possible

Chris Barnes and his son Steve-O want to hear from everyone who might have an interest in BMX riding or racing.

BMX is off-road riding for kids roughly age 6 - 12 conducted on a closed off-road course with bumps, berms, and sharp turns.

There are currently courses in Wayland and Lansing, and the racing generally goes on one or two days a week.

BMX riding is terrific experience for kids, teaching competition, bike handling skills, fitness, and sportsmanship.

Call Chris or Steve at 327-8972.

## Wednesday Winter Workouts On Tap

Alfred E. Bike is hosting Wednesday Night Trainer/Roller Sessions. The time is 6:15 PM. Alfred E can supply up to 4 trainers for those who do not own one. Everybody else needs to bring their own.

A quick check with Alfred himself revealed that these workouts will be held to professional quality bicycling workout training tapes originally developed for use with serious trainers like Computrainers, so you'll be able to get in as hard a workout as you want.

The location is Alfred E. Bike, 320 E. Michigan Ave. in downtown Kalamazoo.

Call Alfred E. Bike at 349-9423 for more details

## Borgess Spin Update:

I have had several people say they would be interested in doing a spin class at Borgess Health and Fitness Center this winter. It looks like we have almost enough to fill one class, and maybe have room for drop ins.

Right now I am looking at Friday evenings around 6:30 PM. Saturday AM would be a possibility as well. If I can get enough commitments, we can pull this off for \$3.00 per person per class.

If this works for you, contact me at [IRONMOM98@AOL.COM](mailto:IRONMOM98@AOL.COM) or 327-5846. I'd like to get it rolling after Turkey Day!

-Karen Sue Ouellette

## Next KBC Meeting December 12

Since we now meet the second Tuesday of every month, the next KBC Board/general meeting will take place Tuesday December 12, 2000 at 6:30 PM at the Chuck Jaqua Realty office located at 414 W. Milham, just a block or two west of Westnedge Ave.

**We plan to have some Christmas goodies, like cookies, candy, egg nog, and maybe even hot toddies.** At first Karen Sue said she'd do all the cooking, but some of us may take pity on her and bring a dish of calorie-laden morsels of our own.

Karen Sue has asked me to give a little talk at the December meeting about dressing for cold weather riding. While there are sure KBC members that ride in the cold more than I do, I suppose I've done my share. So if you want some tips on how to avoid frostbitten extremities, come have a cookie and we'll talk.

- Doug Kirk

## November KBC Meeting Minutes & Election Results

Location: Chuck Jaqua Realtor office building, 414 West Milham Road, Portage. November 14th. Time: 6:30 PM

Present: Kathy Barrett, Zolton Cohen, Doug Kirk, Paul Stevens, Karen Sue Ouelette, Terry O'Connor, Dave Newman, Jinny Ahrens, Steve Secondi, Greg Bouwman, Tom Keizer, Larry Kissinger, Dave Bishop, Denny Morrison, Tom Cross, Gerry Blohm, Al Cergol, Randy Putt, Rand Loga, and Chris, Steve and Betsy Barnes.

The meeting started with Treasurer Paul Stevens submitting the monthly Treasurer's report. At this point in the year KBC has \$1558.56 more income than expenses.

There was discussion about possible locations for the KBC recovery party, with Karen Sue reporting that many of the clubhouses and other potential gathering places she contacted may be too costly for the budget allotted. Gerry brought up the fact that the University Roadhouse (site of several previous recovery parties) would be a convenient place due to the on-site catering. This will require more investigating, but Doug needs to know the date and location before the next newsletter is printed.

Karen Sue is waiting to hear more of the details surrounding the Borgess Health Fair and KBC's possible participation in the event, along with the Tri-Kats and swimming clubs. There was discussion about the possibility of designing and printing tee shirts for sale at this and other KBC events in order to raise funds and also to raise awareness in the community of the existence of the Club. Jinny volunteered to start the design process.

There was discussion about the possibility of changing the KBC website address to something shorter and more recognizable - to something that could be reasonably printed on a tee shirt, for instance. This is an issue that had been brought up before, with the finding that the expense would be too great to justify the potential gain. In addition, Larry might not be able to negotiate the new site as easily as he does in the current one. The Board took no action on this issue.

Terry O'Connor of the Flowerfest Committee revealed the date of the 2001 Flowerfest Bicycle Tour to be July 22, with the name "Flowerfest Bicycle Tour" remaining the same as in years past. Meetings for Flowerfest are sched-

uled for the third Thursday of each month at 7:00 PM at the Portage Public Library (Heritage Room). Terry asked for volunteers to help with this important KBC fundraiser and event. Larry is checking into mounting an easily downloadable registration form on the KBC website. Dave Bishop volunteered to keep Alfred E. Bike shop stocked with KBC membership application brochures. There are volunteers needed for this task at other bike shops in the area.

Zolton brought attention to the fact that KBC's own Steve Vonderfecht is running for a board position at the League of Michigan Bicyclists. There was unanimous agreement for KBC to send in the ballot to support Steve's candidacy.

Denny brought up the possibility of KBC sponsoring another bike tour, possibly to occur in the spring some years hence. There was discussion about the difficulty of finding enough volunteers for such events. In addition, Karen Sue suggested staging a weekly or monthly time trial, an undertaking that would require few people to manage. The KBC Board voted to approve a payment of \$85.00 to Tom Cross in order to cover the expense of mounting the recent cyclocross event at the Cathedral Church grounds. The race, according to many at the meeting who had attended, was well staged, fun, and something that the organizers may be interested in doing again - possibly even weekly. It is unclear at this point how the KBC insurance coverage will apply to such races.

Chris mentioned that the City of Portage might stage a large road race in the summer next year. Al Cergol received an invitation for KBC to participate in Lance Armstrong's Cancer ride in the spring. There was discussion about the possibility of KBC contributing to this fund by raising money one way or another.

The KBC elections were held at the end of the meeting, with Karen Sue Ouelette elected President, Greg Bouwman elected Vice President, Zolton elected Secretary, and Paul Stevens elected Treasurer. The vote was unanimous, with no hand recount necessary.

The meeting adjourned at approximately 8:30 PM.  
Zolton B. Cohen, KBC Secretary

## Why Ride Across America?

Why would anyone want to spend 34 days riding a bike almost 100 miles everyday, being away from family and friends, and missing work? Well that's what I did last summer along KBC members Al Cergol, Darrell Davies, Harold Gleaves, Dan Kalleward, Justin Merklng, and Richard Neumann, and about 23 other local riders. Some riders quit their jobs, some took a leave of absence, some were retired, and some of us were lucky enough to have enough vacation time and an understanding employer. We rode across the United States, coast to coast on bikes. Is that crazy or what?

My love of cycling started many years ago when I first learned to ride. I think I was 6 or 7 when my parents bought me a new bike for my birthday. It was very exciting. I rode all over the neighborhood with friends on a big, heavy single speed bike and eventually several miles to the local city swimming pool on those hot summer days. I saw an English Racer (ten-speed) for the first time as a teenager and it was quite exotic. I never thought I would own one. Little did I know what the future would bring. I bought my first low cost 10-speed bike from a department store in 1971 while in the US Army. I gradually upgraded over the next several years and bought a red Centurion LeMans, my first lightweight bike, in 1975 from a bike shop in Ann Arbor for about \$150, which was quite a fortune to me at the time. During my early years with a 10-speed I rode a bike mostly to commute to work. With a young family I had little time to ride bikes just for fun.

In the summer of 1984 while attending my wife's family reunion I learned that her cousin, Pat, (about my age) had just completed a cross country bike trip with Wandering Wheels. I was in awe, what an accomplishment!! How could anyone ride enough to do such a thing? How could one find the time? I had four young children and only two weeks of vacation. No way could I ride across the country. I think this was a defining moment for me in cycling. I knew at that time I wanted to ride across America. I started thinking about riding longer distances and riding organized rides. A couple of years later with the encouragement of my bike-loving brother-in-law, Rob, my wife surprised me with a new bike, a red Specialized SIRRUS, on my birthday. It was the most wonderful and thoughtful gift I ever received.

In the 1990's I became active in KBC, started riding supported one day rides, and met numerous new cycling friends including several cyclists at The Upjohn Co, my

by Randy Putt

employer. After becoming involved with these various groups I became aware of multi-day bike tours. My cycling friends suggested riding DALMAC. DALMAC is the premier multi-day ride in Michigan and is held over the Labor Day weekend, typically a family holiday for me.

My first multi day ride was a tough one, the Columbus Fall Challenge in 1997. I finished strong and had such a good time I decided that I could indeed ride multi day rides. In March 1998 I again I considered riding DALMAC. In past years it was just talk and I put off registering through spring and into summer until the ride fills up and it's too late to register. That year, however, my closest riding buddies were planning to ride. I didn't want to be left out, so I registered. The weather was perfect for my first exposure to 4 centuries in a row and sleeping on the ground in a tent. I survived and had a ball.

A couple of years ago a local rider gave a slide show presentation about his self-contained cross country trip at a KBC meeting. I was intrigued. When an opportunity presented itself to ride across America, I decided to jump at it.

Some of my riding buddies and I signed up for Ride the Rockies in Colorado for 7 days in June 1999. Shortly after we registered for Ride the Rockies my son, a student at KVCC, told me his history professor, Paul Milliken, and another KVCC professor, Darrell Davies, were planning a coast to coast bike trip. I inquired and learned that they were planning the trip for the late Spring of year 2000. What timing, if I could survive 7 days in the Rockies, maybe I could ride across the country. Although I was happy to finish Ride the Rockies I could have ridden more. I had a great time riding in Colorado and vowed to return. At that moment the plan was set. I knew that next year, if I could put all the pieces together, I would ride across America.

A great deal of planning and good fortune had to take place in order for me to fulfill my dream to ride across the United States. Numerous small incidents occurred during the year leading up to the ride that solidified my desire to participate in this ride.

*(To be continued next month-Ed.)*

## Pedaling Dynamics, Part 3

by Steve Cox

As I was finishing KBC's last Wednesday-night road ride of the year, I was thinking of the allegory of the cave in Plato's *The Republic*. Within the cave are people who from childhood have been chained so that they can only see the shadows cast by their captors. The captives' perceptions of reality are based on shadows. An epistemological theme of this allegory is that our empirical forms of knowledge (our beliefs or "truths") are based on shadows and can not be considered, *a priori*, to be absolute.

Why would I remember the cave of the shadows on the club ride? The story begins about 15 years ago. Paul Mough had just returned from his annual winter training trip to Florida, and he was smooth and strong as a locomotive. It was that spring that he pulled a group of us homebound racers for almost 70 straight miles during a 90 mile training ride.

Although Paul had no formal training in exercise physiology, he had raced at the national level for Mike Walden and had an amazing, intuitive sense of kinesiology. For many of us racers, Paul was our training mentor.

Paul has been dead for about 10 years, but much of his training program is still relevant today. A few days after that 90 miler, Paul told me that he was going on a 50 mile ride, with his saddle lowered an inch. I was surprised when I heard this, because my pedaling form was extremely sensitive to minute changes in saddle height. One inch was a huge change in saddle height, and I couldn't comprehend how a training ride with such a bad position could provide any positive value.

Now, skip forward 15 years to the Wednesday night club ride. Although I had normally ridden my new track bike on the Wednesday ride all year, it was late in the season and I had already switched to my winter gear, a 53 X 22 (65") fixed gear. This gear had proved woefully inadequate on the previous Wednesday night ride, and I felt as though my legs were moving as fast as hummingbird's wings in attempting to pedal with the group on flats. Staying with the group on downhills was obviously impossible.

So, for the last Wednesday night ride of the season, I reluctantly rode my old multispeed Guerciotti. In an attempt to replicate my track bike position on the

Guerciotti, I had recently changed the seatpost and saddle. Once on the ride, the new seatpost began to slip almost immediately. Rather than stop to adjust the post and lose the group, I continued riding. By the end of the ride, the saddle had dropped more than an inch. What I noticed during the ride was that the low saddle position was not too bothersome as long as I did not attempt to have a forceful push during the downward, power portion of the pedal stroke.

I was basically OK on the ride as long as I was doing a pedaling drill described in the last article (*See last month's issue—Ed*). The group's pace was generally not troublesome with this pedal stroke, but I did need to stand more often when power was needed for climbing hills.

What made me think of the cave of the shadows was that my beliefs about pedaling are based on my limited, illusory experiences. When Paul was riding with his lowered saddle, my pedaling skills were more rudimentary, and I was not doing much more than pushing down and slightly pulling back on the pedals. With such a limited pedaling repertoire, a big change in saddle position was guaranteed to have a catastrophic effect on my pedaling economy, and probably would also have given me patellar tendonitis.

Paul would have easily dropped me if I had tried to use a low saddle on his ride. At that stage in my pedaling, the "truth" for me was that a rider achieved a good saddle position and did not vary from it. I am a much better pedaler now, and the Wednesday ride turned into an excellent pedaling drill for me, with no adverse effects on my knees.

I can now appreciate why Paul purposely went on a ride with a low saddle. I hope that your pedaling skills will also continue to evolve and improve over the years. Perhaps a ride with a low saddle could also be a good pedaling drill for you, too.

*(I firmly believe the truth and wisdom of everything Steve has written in his three articles, and am very grateful for his fine series. From my own experience, I can add three suggestions to help implement Steve's thoughts. First, start your season with your seat lower, and practice spinning smaller gears at the higher cadence a lower seat allows for at least several hundred miles. Second, keep the seat on one of your bikes (maybe your mountain or commuter bike) lower than on your primary steed. Third, consider lowering your seat when going on an easy, recovery type of ride—Ed.)*

## KBC Prez Kicks Butt

In October, I did the event I'd been focusing on all season, an Ironman-length triathlon (swim 2.4 miles, bike 112 miles, run a full 26.3 mile marathon) in Florida.

I had an awesome race!!! The swim was the usual for me, slow but strong. The currents were strong and they lost a buoy. Lots of us followed it before they got us back on course!!! Swim time was 1 hour 23 minutes.

The bike was my best ride ever (no doubt due to the amazingly fast ride I did on the back of the *Pedal-press* Editor's tandem shortly before I left). I had a personal best. I do not know where the strength came from, but I hammered for just under 6 hours. At the century point, I was at a 5:13 pace. Oh my!!! I have never done a century in under 6 hours before! It felt so good to be out! Ran into a strong headwind on the last several miles, but I held my own! Awesome! Bike time was 5:55.

The run was not so pretty. I wanted to quit so bad the first 3 miles. But I endured. My legs got a little stronger after they were warmed up. The turn around point got me psyched up and I was able to finish with a halfway decent marathon for me, 5:36. Some guy told me we could break 13 hours and I kind of got psyched for that, but I knew in my heart I was on a 13:15 race.

A few race details: The swim was brutal. 1700 people in a mass start. Largest swim start ever, they said. I was in the middle and I got my body bruised up pretty bad! I got kicked in the chest, kicked in the eyeball (that hurt with goggles on), got swam upon, kicked in the arms and face 10 times at least, and legs got it as well! I also saw some fish, and even a rayfish!

The bike was flat and fast. Every direction we turned it was smooth sailing. There was one hill and it was a joke. The run was non eventful. Just slow and sluggish! Couldn't find that inner strength I usually call upon. I knew I had wasted everything on the bike. I wanted a strong bike split so I went for it! This was my fourth ironman-length event.

- Karen Sue Ouellette

## 2001 Flowerfest Team Meets; Volunteers Needed

The Flowerfest 2001 Team Meeting was held November 16, 2000 at the Portage Public Library Heritage Room at 7:00 PM. The following remarks summarize our discussion.

The 10th Annual Flowerfest Bicycle Tour is scheduled for Sunday July 22, 2001 starting at 7:30 AM and ending at 4:00 PM from Kalamazoo Valley Community College.

A Leadership Team consisting of Terry O'Connor, Cliff Mueller, Greg Bouwman, Tom Keizer and David Newman will coordinate the event. This will allow for schedule conflicts and provide for activity continuity.

Flowerfest is KBC's primary source of income and is building on its reputation of being one of the best one-day tours in Michigan. Attendance has been increasing substantially, which is good for KBC, but does require more effort each year to provide a quality event.

KBC volunteers are needed to sweep corners, paint routes, register cyclists, set up tables, pick up trash, staff rest stops, deliver subs, mail brochures, muscle water bottles, mix drinks, stuff pre-registration bags, hang posters and a multitude of other tasks. The Team does have one special request and that is for ride leaders for the escorted Family Ride.

**Please consider volunteering. Many of the things we need help with are done before the day of the event, and many other things are done early on the day of the event. Either way you can still ride the tour. Call KBC's new Vice-President, Greg Bouwman, at 324-9024 or any Flowerfest team member to volunteer.**

Assigned tasks for next time include: Cliff to coordinate brochure changes, contact Jinny for database requirements, check with Chris Barnes for online registration. Greg to coordinate with food and water sponsors. Tom to contact Healing Arts, Fetzer Center and arrange Saturn Race Team responsibility. David to contact bike shops for special pre-registration prizes and explore cell phone use donation.

The next Flowerfest Meeting is January 18, 2001 same place and time. The F2 Leadership Team will complete discussions on sponsorship strategy, establish a time line of required activities, and provide hardcopy of any correspondence to keep all informed.

- Terry O'Connor

## Cyclocross at the Cathedral

by Tom Cross

**C**yclocross is a lot about on again off again. And this event was no exception. It almost didn't happen. If not for the generosity of the KBC, the Church at the Cathedral, local bike shops and a very few volunteers this event would not have happened. The good news is everybody pulled together at the end and there was Cross'n at the Cathedral. Remember these words:

**Volunteer so we can do more stuff like this.**

We had a great day for riding. Not really cyclo-cross weather but good riding weather. The event started with introductions. Then a sweet clinic by our own **Kelli Emmett, Daniel Gillespie and Chris Barnes**. Our trainers demonstrated techniques, then allowed everyone to try them on the test course. **Richard Wolf** rode through first and promptly face planted his remount attempt. This was clearly worth the price of admission (which was free, but I suspect many would have paid for the privilege), but donations to the Church were accepted.

Since this was not a race but an event, the group voted on how long the ride would be. We decided 45 minutes plus one lap and since it wasn't really a race you could bail at anytime. The group rode a warm up practice lap so everybody was confident they knew the course. After a couple of minutes to adjust clothing we were off. This is a great spectator course by the way.

I sat in as the main body took off. Even though there would not be any placing everybody was anxious to try their new skills and get a good work out. Before the first lap was over I had passed everybody except the front five and I had no interest in chasing them down. Cyclocross is hard work even when it is just for fun.

Each lap was a little less than a mile with five dismount and run or carry sections of varying length. The night before when we were setting up the course, Jeff "I have a broken neck and can't ride but lets throw in 3 barriers on this hill" Webster wanted to make sure everybody had a lot of opportunity to sweat.

I noticed that every lap there seemed to be less riders on the course and more riders in the staging area. Cyclocross is hard. I need to thank **Team Webster** here (consisting of **Jeff, Teena, Rachel, and Aaron the Hammer**) for supporting the water zone. I was grateful every lap.

After my 45 minutes plus a lap I came into the staging area where things were already in the works for giveaways. Everybody who showed up and rode or helped out got their name in a drawing for prizes donated by **Billy's Bike Shop, Portage Schwinn, Alfred E. Bike and Breakaway Bicycles**. Thank you. Even **Shaft the Cyclocross Dog** won a pair of "arm" warmers.

I would like to single out **Chris Barnes, Steve-O Barnes, Jeff Webster, and Greg Bouwman** for helping with the course and barriers. Without these people nobody would have had the chance to ride.

Thanks also to **Chris, Daniel and Kelli** for the great clinic. This really made a difference on how well the day went. Who knows how many times **Richard Wolf** would have chewed grass otherwise.

Thanks to **Bob Bailey of Bob Bailey Enterprise Lawn Care and Snow plowing** for cutting a course in record time.

A special thanks to the **Church at the Cathedral** for their kindness in allowing the use of their property, and to the local shops that always support us. Mostly thanks to everybody who showed up to watch or ride. And special thanks to the KBC.

As a final note **Paul Wells** had the idea to run a series of cyclocross events next November at this location. I propose that we expand on that idea and ask the Church what they would need from us to allow us to ride the course all winter.

Oh, one last thing. **Axel Kleat**—whoever the heck he is—doesn't know squat. Maybe we 'crossers are crazy, but I bet we had a whole lot more fun that day than he did, and I can already sit down normally again.



## Cabin Fever Redux

by Axel Kleat

*(Some of the more banzai members of KBC got all fired up last month and put on a cyclocross event. Afterwards, they went so far as to proclaim the whole thing to be a good time, and as we went to press, were hatching plans to have regular cyclocross events. Our resident curmudgeon took the whole thing as an opportunity to suggest we rerun the following, which first appeared in the January, 1997 issue, near as we can tell- Ed.)*

I can't get too excited about pushing—or pedaling—a bike through the snow, and I tip my helmet to those blue-fingered souls who get outside on their bikes at all this time of year.

Which brings me to a topic at the ragged fringe of our sport—cyclocross. Possibly you've not heard of it. Don't fret. I only discovered this bizarre activity by pure luck a couple of years ago.

I ran across an old friend—Steel Steve—on one of those lovely early fall (remember fall?) rides. He was wearing an awful faded red jersey with what appeared to be a sponge sewed under the material atop his right shoulder.

Figuring that stitchery was not the way Steve was likely to spend his evenings, and having absolutely no clue what the thing was for, I asked what the deal was with the shoulder sponge.

keep the top tube from digging a divot in Steve's shoulder down maybe to his armpit when prancing through unpedalable hurdles, morasses, and outcroppings. That people are willing to spend their time this way just proves once again that truth is stranger than fiction.

I'd always thought that Steve was a pretty bright fellow, and it worried me that he could get caught up in such an endeavor. So I was heartened to hear him confess that he just bought the jersey because it was on sale cheap.

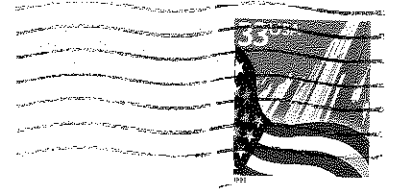
What's more, he tried to give the spongy thing to me, because that sponge had turned him into the butt of too many bad jokes. I wasn't surprised. The more I've learned about cyclocross, the more the very idea of it appears to be the product of a sick mind.

I always figured that runners were masochistic, but why would anyone in their right mind want to run around (usually in mud, or worse) **carrying a bike**, looking for a place to ride? Why not strap on some skis, or inline skates, or a kayak while they're at it?

How can promoters find people willing to engage in such deranged behavior? Cheaper and less painful forms of birth control are readily available. It's got to be cabin fever. You never hear of this sort of thing any other time of year. A year ago I subscribed to *Velonews*, and it



**KALAMAZOO BICYCLE CLUB**  
P.O. Box 50527  
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**ADDRESS CORRECTION REQUESTED**

2001/02

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**KALAMAZOO AREA BIKE SHOPS**

Alfred E. Bike.....349-9423  
Billy's Bike Shop.....665-5202  
Breakaway Bicycles.....324-5555  
Milwood Schwinn.....349-6384  
Parchment Bicycle.....343-8118  
Portage Schwinn.....327-3393  
Team Active Schwinn.....962-7688  
Village Cyclery.....679-4242  
Vorncamp Bike.....344-3599  
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