

# Pedal Press



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

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

## Editor's Letter

Summer may not officially arrive 'til June 21, but this is close enough for me. I hope you'll forgive me if the *Pedal Press* is shorter or more than the usual number of typos show up, but frankly, I've got lots of riding lined up the next few months.

I know a number of KBC members have similar plans. Ride Captain Randy's monthly reports are likely to be shorter, because he's already begun biking coast-to-coast by the time you read this, along with a few other KBC members.

You might recall articles in the Pedalpress earlier this year about a cross-country ride being sponsored by KVCC. Well, about 30 area cyclists are taking five weeks to do the ride, starting near San Jose, CA, and ending in Virginia Beach, VA.

Your faithful editor is joining the KVCC group for the eastern half, and just to make it a bit more challenging, we're biking from Kalamazoo to Keokuk, IA, about 500 miles, completely unsupported to meet the KVCC riders. Ah, this modern American life—have credit card, will travel. We'll probably have a head wind the entire ride out to Iowa.

We hope that you have some plans in the works for some truly exciting rides of your own this summer. Riding your bike on almost any sort of getaway, even if it's just an overnight to see some friends or to stay at Lake Michigan creates a far more exciting experience than driving.

And we hope you are using the KBC ride schedule to get in some great rides. We generally make it to about two-thirds of the Monday/Wednesday/Friday rides, and there hasn't been a bad one all year. The number of riders showing up keeps growing, which is a real tribute to the ongoing efforts of Randy Putt and the other ride leaders to provide quality rides on regular routes throughout the riding season.

Whether you choose some of the regular rides, some of the special weekend rides—several are written up in this issue—one day or multiday tours like DALMAC or RAGBRAI, or just rides of your own, we hope you are getting out there and having a great time.

Now's your chance.

- Doug Kirk

## Coming Events

**June 3 (Saturday) 100 Grand.** A good-sized well-known tour from west Grand Rapids that goes to Lake Michigan and back if you choose the longer routes. Call 616-752-8123 or email [rpdwhlmn@yahoo.com](mailto:rpdwhlmn@yahoo.com)

**June 10 (Saturday) Vicksburg Old Car Ride.** Vicksburg High School, 9:00 AM. A 60 mile ride on flat and smooth, empty roads that coincides with the annual Old Car Show. See page 4.

**June 6 (Tuesday) Around the World by Bike Show.** Robyn and Andy Jerue, from Climax, reprise their presentation of their year-long ride bike to Alaska, India, and beyond. A great show. Club Car Restaurant on D Ave., just west of US-131. See page 8.

**June 24 (Saturday) PALM Pedal Across Lower Michigan.** A six day, family-oriented tour, around 50 miles per day. New route this year, departs from Saugatuck. Call 734-669-0172, or email [DWTrike@aol.com](mailto:DWTrike@aol.com).

**July 16 (Sunday) 9th Annual Flowerfest Bicycle Tour.** KBC's own annual fund raiser. Registration starts at 7:00 AM at KVCC. Free post-ride massage! Lots of good food! Great roads, great people, great club. Again this year we should have members of the Team Saturn bicycle rave team on hand. Call 343-2288 or check the KBC Website:

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

**Flowerfest  
story and details See  
page 2.**

## KBC's 9th Annual Flowerfest Bicycle Tour Is Saturday July 16th

July 16, 2000 will mark the 9th annual Flowerfest Bike Tour, the first of the new millennium. Pre-registration forms are coming in steadily. We hope to attract a record number of riders again this year.

Last year over 400 riders participated in the Flowerfest Bicycle Tour. If the rider feedback is any indication we will see many return riders, **including members of Team Saturn, compliments of Saturn of Kalamazoo.** Pre-registration ends July 1, 2000. All pre-registered riders will be entered into a drawing for a pair of airline tickets aboard *US Airways*. Also, the first 300 riders registered will receive a free water bottle.

Although pre-registration ends July 1, you can register right up to (and including) the day of the event.

The Flowerfest Bicycle Tour is KBC's annual fund-raiser. Proceeds from the tour help fund KBC activities, and promote cycling awareness and activities in our community and beyond. As a KBC member you are entitled to a 30% discount on the tour registration fee, and you are still entered into the prize drawings. What a deal!

The Flowerfest Bicycle Tour is just that, a tour, not a race. There is a route for every level of rider. Winding through Kalamazoo County on quiet country roads are routes from 15 to 100 miles. Back by popular demand are the escorted family ride of 12-15 miles and a full 100-mile century. We round out the line up with 15, 31, and 62 mile routes. All of the routes utilize a unique central sag stop at the *Briar Patch* so groups of different levels can all meet to enjoy a delicious *Subway* sandwich or fresh baked cookies from *MacKenzies' Bakery* for lunch.

If you enjoyed a post-ride massage last year, your legs are probably still trying to bring you over to the *Center for the Healing Arts* after a long ride. After completing your favorite Flowerfest Tour route, all riders are invited to treat themselves to a post-ride massage again this year.

Come on out to the 9th annual Flowerfest Bicycle Tour. All routes start and finish at Kalamazoo Valley Community College. Start time runs from 7:30 am to 12 noon. Mid July is a great time to put your cycling form to the test, so pick the distance that suits your fancy and have a blast. The committee has been working at it since last October and although we can't guarantee sunshine and 70 degrees, I can still just about guarantee a good time for all who participate.

Volunteers are always vital to the success of the Flowerfest. We need people who can help out with advanced preparation and day of the event. If you'd like to help give any of the Flowerfest committee members a call.

Greg Bouwman 226-8706  
Richard Walter 649-1944  
Terry O'Conner

## June

### Birthdays

Curtis Aardema  
Bill Aardema  
Pamela Albin  
Mark Atkinson  
Phil Caruso  
Todd Clevenson  
Charles Daudert  
Rosanne Degen  
Clara DiJulio  
Nicole Grevenstuk  
Anjanette Jonas  
Justin Merklng  
Sally Niermann  
Joan Orman  
Anne Pancella  
Evan Scribner  
Carolyn Vonderfecht  
Teena Webster  
Jeff Wetters  
Evan Williams

### New Members

Kara Linne Barone  
Diane Bishop  
David and Diane Bishop  
Bill Duggan  
Brad Fry  
Nicole Grevenstuk  
Matthew Grevenstuk  
Douglas Grevenstuk  
Ruth Grevenstuk  
Maddy Guimond  
Abby Guimond  
Julie Lawford  
Greg Lawford  
Justin Merklng  
Nathan Meyer  
Dan Meyer  
Carol Meyer-Niedzwiecki  
Dan Nash  
Rob Nicey  
Carol Stafford  
Aaron Webster  
Teena Webster  
Jeff Webster

## Classified Ads

**Cannondale R-800** road racing bike, 56cm, 8yrs old, full Ultegra grupo, 2.8 lb frame, Mavic rims, Look pedals, silver metallic fades to white rear triangle, good condition. Nice light bike for the price! \$600 firm. Call Mike at 385-0196.

**Bridgestone RADAC** road bike, 60cm, with Dura-Ace components. RADAC stands for "Research And Development Adhesive Cement". This is a bonded aluminum bike with aluminum fork. Asking \$420. Please call John Thome at 353-5812 for details or e-mail [jthome@kalsec.com](mailto:jthome@kalsec.com).

**Schwinn 60 cm. road bike.** Blue, model 974, aluminum frame, Shimano components, 7-speed, San Marco saddle, Wobler rims, pump, Sampson pedals VERY low miles. **Owner will donate 10% of sale price to KBC!!!** Call Chuck Livingston, 344-0331.

## KBC Communications 101

KBC's webmaster, Larry Kissinger, asks that we remind the readership that the KBC webpage is running just fine, and if you haven't, you ought to take a look at [www.angelfire.com/mi/kbc/](http://www.angelfire.com/mi/kbc/)

Besides our own club stuff, you'll find some very handy links, such as one to the Kalamazoo County Road Commission webpage, weather information, where you can learn all about what roads will be torn up when, and **MOST IMPORTANT BY FAR**, when and where the dreaded tar & gravel machine will be lurking.

I know there are lots of people out there who just want to ride by themselves, and generally be left alone on their bikes, but I think most of us figure that riding with others of similar ability and skill adds immeasurably to the sport.

The best way to make this happen is to foster communications between club members, and other riders too. It's the information age, and sharing information about when and where to ride, and making this information as easily accessible to as many people as possible is the single best way to foster growth in our club and our sport.

Use the web, use the Ride Line, use email, use phones, use the form below. you can email Larry, the webmaster with your thoughts or ideas about the webpage at [Kalamazoo.b.c@juno.com](mailto:Kalamazoo.b.c@juno.com)

- Doug Kirk

### KBC Ride Information Form

Planning a ride? Send us the facts. Deadline is 15<sup>th</sup> of the month before publication.  
Mail to: Pedal Press Editor, 1525 Merrill Street, Kalamazoo, MI 49008

Date:	Location:
Time:	Distance:
Pace:	
A few words about your ride:	
Ride Leader/Contact:	
Phone:	Email:

## Special KBC Weekend Rides Coming

The 2nd annual Old Car Festival Ride (about 60 miles) starts at Vicksburg High School (just East of Vicksburg on W Ave) on June 10 at 9 AM led by Scott and Mary Aldrich. Maps will be provided. The route goes through Colon, Centerville and across the Covered Bridge. The terrain is mostly flat and the roads are good. The pace will be steady at 17-19 mph. Riders of all abilities are welcome. Bring your own food and water. The group will stop in Colon and Centerville at convenience stores for refueling. This ride was previewed in May by the KVCC cross country group and a few KBC members as well and was well received. After the ride stop by the Old Car Festival in downtown Vicksburg if you like.

Two more rides are planned, one in July and one in August. The Ride to South Haven for lunch and some beach time and return to Kalamazoo (100 miles) is scheduled for July 8 at 8 AM starting from KVCC. Larry Kissinger plans to lead this ride. The Ride around Kalamazoo County (100 miles) is scheduled for August 12 at 8 AM from KVCC and will be led by Rollin Richman. These rides were done in 1998 and 1999 with small groups and were so successful and fun that KBC would like to include more KBC members in 2000. If you have comments about the above mentioned rides or have suggestions for other rides, contact Randy Putt by phone or e-mail. Stay tuned for further details.

Let us know if you want to put on a ride. Call any of us, our numbers are on the back page. Or use the Ride Information Form in this Newsletter. Check out the KBC web page ([www.angelfire.com/mi/kbc/](http://www.angelfire.com/mi/kbc/)) for the ride calendar and for any last minute changes.

- Randy Putt

## Find A Ride On The Web

Not everyone out there has easy access to the internet, but many (most?) riders do. And the internet is a great place to communicate about rides. First, the KBC ride calendar is posted on the KBC website by our webmeister, Larry Kissinger. Just go online and point your computer to [www.angelfire.com/mi/kbc](http://www.angelfire.com/mi/kbc) and you'll have no trouble finding the right pages.

Second, Ride Captain Randy Putt has his own long list of email addresses for local riders. Email is actually the best way I can think of to line up riders on short notice. If someone tells Randy about a ride (other than rides already listed here in the PedalPress and the KBC website), he just forwards the information to everyone on his list. Call Randy at 649-1814, or send email to him at [SRBike@aol.com](mailto:SRBike@aol.com)

This is especially useful in the early spring or late fall, when the weather makes all the difference. We don't get too many days' notice of those 60 or 70 degree sunny days, and when one comes up, this is the easiest and fastest way to line up some riding buddies.

There's nothing to stop the rest of us from creating lists of our own, either. Once you get the email addresses, sending out one email is lots easier than calling everyone individually, leaving messages, and wondering if they got the word.

- Doug Kirk

## Memberships Expiring in June

Are you on this list?  
Better send in your money.  
You don't want something like  
this included in your credit rating,  
do you?

Kathy Appledorn  
Mark & Marla Atkinson  
Cathryn Bastien  
Jay Campbell  
Jo and Peter Cornell  
Michelle Cudahy  
Dale Gruber  
Wendy Harvey  
Terry and Kathy Hutchins  
Mike and Sheri Jones  
Dan Kallewaard  
Tom & Celine Keizer  
James McNett  
Gerald Phillips  
Andrew Price  
Paul Raynes  
Gary Schlender  
Janice Selby  
Richard Walter  
Sam Watt  
Bill Watt  
Jim Wilson  
James Wyrick

## Team Saturn Riders At Flowerfest Again This Year

Yes, again this year there should be members of Team Saturn present at Flowerfest.

These fine people have been great ambassadors for the sport the past two years, and ride one of the longer course routes, as fast as anyone there wants to go. Great fun to meet or ride with these people.

## June Ride Calendar

ALL WEEKDAY RIDES START AT 6:15 PM IN JUNE.

The Monday, Tuesday, Wednesday, Thursday, and Friday rides will be in full swing in June and for the 2000 season.

We are repeating three special weekend rides this summer, the Old Car Ride (60 miles) in June, a ride from Kalamazoo to South Haven and back for lunch and some beach time (100 miles) in July, and the Ride Around Kalamazoo County (100 miles) in August. This year's rides are detailed on page 4. KBC is open to other ideas. Send your ideas to any KBC officer, the Ride Captain, or the Editor.

**Keith Little** from Freedom Reaction is doing an activity titled "Club Fellowship" on Saturday afternoons from 2:30 to 5:30 PM through October 28 as the weather permits. The activity starts at Freedom Recreation, 6101 KL Ave., Kalamazoo, MI. Activities include maintenance lessons, bicycle safety instruction, helmet sizing, groups rides for all riding abilities and all ages. Refreshments and day care provided. Call Keith at 381-SAFE for further details.

The Monday Ride at Texas Drive Park will consist of five ride groups in May which should provide a pace to suit riders of all abilities:

- 15-20 mile group at 10-12 mph led by **Lee Anderson**,
- 15-20 mile group at 12-15 mph led by **Mike & Sherri Higgins & Cliff Muller**,
- 25-30 mile group at 16-18 mph led by **Terry O'Connor and Dale Krueger**,
- 25-30 mile group at 19-20 mph led by **Larry Kissinger**.
- 25-30 mile group at 20+ mph no leader yet IDed.

The 10-15 miles groups will generally ride the same route and are recommended for new riders. For more experienced riders who are new to the club the 16-18 mph groups is recommended. The faster groups ride the same route, also. The ride leaders make every attempt at keeping each group together although the 20+ mph group may fragment.

The Tuesday Ride starts at Breakaway Bicycles on Romence Rd in Portage. The ride is led by **Paul Wells** and consists of one group that rides 25-30 miles at 16-18 mph. Check this ride out. It is a friendly group.

The Wednesday ride meets at the Kal-Haven Trail Parking lot with three ride groups:

- 10-15 mile fitness group at 10-15 mph on the Kal-Haven Trail (need leaders),
- 25-35 mile group at 16-18 mph led by **Bill Strome** and

by Ride Captain Randy Putt

**John & Bev Thome** on their tandem,  
 - 25-35 mile group at 20+ mph led by **Zolton Cohen**.  
 This ride has begun splitting into two groups after the half-way point, with one group riding an extra 10 miles. Riders are sometimes dropped from this group. The fitness ride at 10-15 mph on the Kal-Haven Trail is a new ride and will start next month if a leader is found. This ride needs ride leaders to make it a go.

The Wednesday night Hammerfest will start at Kal-Haven Trail Parking lot at 6 PM. The pace of the ride is just a bit faster than Zoltan Cohen's group, but the route goes to Bloomingdale and back (about 46 miles). This group typically consists of racers and other experienced riders. There is no designated ride leader. The group often fragments into smaller groups and the riders often times do not finish together. This ride is hard and is not suitable for inexperienced riders.

Thursday night is Ladies night at KVCC lead by **Rose McKenna** in June. Women of all riding abilities are welcome. The pace and distance depends on the riders who show up.

Check out the Thursday morning ride starting at the Borgess Fitness Center parking lot (the old Nazareth College rec center). The ride starts at 8 AM and the group will ride for 1 hour. This is a ride for riders of all abilities. The ride is led by Bryon Bierema.

The Friday Tour de Gull meets at Billy's Bike Shop in Galesburg for a ride around Gull Lake (27 miles). This ride consists of two groups:

- 16-18 mph group (need ride leaders)
- 19+ mph group led by Mike Jones (many thanks Mike for helping while Randy is on vacation). The route for this ride is well established so the ride leader job is easy. Give it a try. There has been some interest from club members in establishing a 13-15 mph group for this ride. If you are interested, please contact me.

Meet at the KVCC parking lot on Saturdays at 9 AM and Sundays at 12 PM for 30-60 mile rides. There will be no designated ride leaders. Those riders who show up will determine the route, distance, and pace. Come on out to ride with old friends and meet new friends. Although I'll be gone the month of June, please contact me or any KBC Board member—see last page—with any concerns about the rides. **- Randy Putt**

# June

2000

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	<b>29</b> Recovery Ride Texas Drive Park 6:15 10-15mph 6:15 16-18mph 6:15 20+mph	<b>30</b> Breakaway Ride Breakaway Bicycles 6:15 16-18mph	<b>31</b> Wed Night Ride Kal-Haven Trail-head 6:15 20+mph 6:15 10-15mph 6:15 16-18mph 6:30 kids' ride	<b>1</b> Borgess Fitness Ride, Gull Rd (Nazareth) 8:00 am. Riders set pace <b>AND</b> <b>Women's Ride</b> 6:15 PM at Texas Drive Park. Riders set pace	<b>2</b> Tour de Gull Lake Billy's Bike Shop 6:15 18-21mph	<b>3</b> KVCC 9:00 am. Riders present determine pace and distance.
<b>4</b> KVCC-12:00 noon Riders present decide pace and distance. Multiple groups likely.	<b>5</b> Recovery Ride Texas Drive Park 6:15 10-15mph 6:15 16-18mph 6:15 20+mph	<b>6</b> Breakaway Ride Breakaway Bicycles 6:15 16-18mph	<b>7</b> Wed Night Ride Kal-Haven Trail-head 6:15 20+mph 6:15 10-15mph 6:15 16-18mph 6:30 kids' ride	<b>8</b> Borgess Fitness Ride, Gull Rd (Nazareth) 8:00 am. Riders set pace <b>AND</b> <b>Women's Ride</b> 6:15 PM at Texas Drive Park. Riders set pace	<b>9</b> Tour de Gull Lake Billy's Bike Shop 6:15 18-21mph	<b>10</b> KVCC 9:00 am. Riders present determine pace and distance.
<b>11</b> KVCC-12:00 noon Riders present decide pace and distance. Multiple groups likely.	<b>12</b> Recovery Ride Texas Drive Park 6:15 10-15mph 6:15 16-18mph 6:15 20+mph	<b>13</b> Breakaway Ride Breakaway Bicycles 6:15 16-18mph	<b>14</b> Wed Night Ride Kal-Haven Trail-head 6:15 20+mph 6:15 10-15mph 6:15 16-18mph 6:30 kid's ride	<b>15</b> Borgess Fitness Ride, Gull Rd (Nazareth) 8:00 am. Riders set pace <b>AND</b> <b>Women's Ride</b> 6:15 PM at Texas Drive Park. Riders set pace	<b>16</b> Tour de Gull Lake Billy's Bike Shop 6:15 18-21mph	<b>17</b> KVCC 9:00 am. Riders present determine pace and distance.
<b>18</b> KVCC-12:00 noon Riders present decide pace and distance. Multiple groups likely.	<b>19</b> Recovery Ride Texas Drive Park 6:15 10-15mph 6:15 16-18mph 6:15 20+mph	<b>20</b> Breakaway Ride Breakaway Bicycles 6:15 16-18mph	<b>21</b> Wed Night Ride Kal-Haven Trail-head 6:15 20+mph 6:15 10-15mph 6:15 16-18mph 6:30 kid's ride	<b>22</b> Borgess Fitness Ride, Gull Rd (Nazareth) 8:00 am. Riders set pace <b>AND</b> <b>Women's Ride</b> 6:15 PM at Texas Drive Park. Riders set pace	<b>23</b> Tour de Gull Lake Billy's Bike Shop 6:15 18-21mph	<b>24</b> KVCC 9:00 am. Riders present determine pace and distance.
<b>25</b> KVCC-12:00 noon Riders present decide pace and distance. Multiple groups likely.	<b>26</b> Recovery Ride Texas Drive Park 6:15 10-15mph 6:15 16-18mph 6:15 20+mph	<b>27</b> Breakaway Ride Breakaway Bicycles 6:15 16-18mph	<b>28</b> Wed Night Ride Kal-Haven Trail-head 6:15 20+ mph 6:15 10-15mph 6:15 16-18mph 6:30 kid's ride	<b>29</b> Borgess Fitness Ride, Gull Rd (Nazareth) 8:00 am. Riders set pace <b>AND</b> <b>Women's Ride</b> 6:15 PM at Texas Drive Park. Riders set pace	<b>30</b> Tour de Gull Lake Billy's Bike Shop 6:15 18-21mph	<b>1</b> KVCC 9:00 am. Riders present determine pace and distance.

## Eat Early, Eat Often

Maybe the best part of biking is that it lets you eat lots of food without gaining weight. But there are a things you can to make your eating and your riding work really well together.

Eat before you ride. The harder or longer you're going to ride, the more you eat before you leave. Eat a meal two hours before you ride if you're starting easy. The harder you plan to ride, the longer you want to let that food digest before you start and the more you want to eat.

Eat complex carbohydrates, like bread, hot or cold cereal, fruit, bagels, pancakes, etc. Feel free to add in some simpler carbo's, like cookies, or honey.

Eat a little more as you're getting ready to leave—a banana, or a couple of cookies. And drink a big glass of water too. You really want to spread out your food intake as much as possible. Your stomach needs lots of energy to digest big meals, which is why you're tired after a big dinner.

If the ride lasts more than an hour and a half, eat during the ride. And if it's going to be a long ride, say over two hours, start eating early in the ride, after forty-five minutes or so.

Eat what tastes good and is easy to digest. Unless you want to feel lousy after a while, you **MUST** eat fat and protein along with carbohydrates if you're riding more than two or three hours. Any experienced long-distance rider will tell you the importance of eating fats. But there's not much point in eating the last half hour or so (unless you're bonking) because the energy in that food won't get into your muscles till you're done.

Some people just have trouble eating while they ride, or during short stops. They just can't get the food down, or once it's down, it feels like it wants to come back up. The solution for this is to drink your calories rather than eat them. The market is glutted with sports drinks. Mix your own cytomax—or whatever—in proportions you can digest, or water down gatorade out on the road if necessary. Even if this is how you're getting your calories out there, you've still got to eat a little fatty food, if you're going to be out a long time.

Unless you're just going for a real easy ride and it's cool out, it's almost impossible to drink too much water. The magazines tell you all sorts of rules of how much to drink, but I've got a simple one—if you can't pee a decent amount of urine every hour and a half or so, you're not drinking enough.

And after the ride, it's important to eat too. The much-vaunted "glycogen window" is open for an hour or so after you stop exercising, and your body needs more energy to rebuild itself after the ride. But this is the one time when it can pay you to eat somewhat less than your stomach might be asking for, especially if you'll be going to bed in the next couple of hours. No expert thinks it's a good idea to go to bed with a full stomach.

In short, the best way to go about your eating and drinking is to apply a procedure the late Richard Daley, mayor of Chicago is said to have suggested to his fellow Democrats relative to voting: eat/drink early, eat/drink often.  
- Doug Kirk

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## Editor Eats Crow

Your faithful editor is on record as having predicted that those new bus racks on the Kalamazoo city busses would languish in disuse.

Yet I've already seen three or four bikes on busses in the few weeks since the racks were installed.

Rarely does one get to eat crow happily.

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## Kid's Kal-Haven Trail Ride

Gerry Blohm is doing a kid's ride weekly on the Kal-Haven Trail Wednesdays at 6:30 pm. The idea is for parents and kids to ride as little or as much as they want.

Because the pace of the kids will likely vary widely, Gerry anticipates that each parent will be responsible for keeping track of his/her kids. We hope to have more on this next month.

## Be A Ride Leader

The weather is becoming downright summery, and the KBC ride calendar is going great guns! KBC had a great group of ride leaders last year and the 1999 ride season was as good or better than 1998. Attendance at the rides continues to increase. We need new rider leaders for the 2000 season to accommodate more and larger groups. The more ride leaders we have the better. Please consider leading some rides. It's fun. The routes are well established for the Monday, Wednesday, and Friday rides. Give it a shot.

I will be more than happy to discuss how to lead rides with you. In fact, most any experienced KBC rider would be happy to discuss ride leader responsibilities with you. Please don't wait to be asked. No experience is necessary, just the willingness to ride with a great group of people who enjoy riding their bikes.

If anyone is interested in leading rides this year, please give me a call at 649-1814 or email me at [SRPutt@aol.com](mailto:SRPutt@aol.com).

- Randy Putt

## KBC Ride And Info Line Up And Running

Kathy Barrett, who is in charge of the KBC Ride/Information Line, tells us that this is up and running again the the riding season.

The ride line has recorded information about KBC rides and is a good resource to get the latest information about rides, especially rides we get too late to include in the *Pedal Press*. **Dial 343-2288.**

## A Really Long Ride

Robyn and Andy Jerue, who live near Climax, rode their tandem most of the way around the world a couple of years ago. And they've got lots of nice pictures and great stories to prove it. I know because I've seen and heard them.

Andy is also a member of the Toastmasters Club, in which members develop their public speaking skills. Andy and Robyn will be giving a presentation before

## Jeanette Holm Resigns As KBC Database Manager

### KBC Board Members In A Tizzy

### Collective Cry For Help Emanates From "Computer-Challenged" KBC Board Chambers

No doubt about it, we're talking worst case scenario here. Definitely time to call for reinforcements. It's true, Jeanette Holm, KBC's quiet, wonderfully efficient database manager is throwing in the towel (or should we say throwing in *the mouse*).

At least she's got a good reason—she's moved up near Holland, kinda far away. I didn't think it would be politically correct to ask her if she was trading in her bicycling shoes for wooden shoes.

**We need someone to take on the job**, which Jeanette says isn't too hard for someone reasonably adept at using a computer.

Jeanette keeps the information in Access, a Microsoft database program. She says it takes her about 3 hours a month to keep things current and print out new labels for the *PedalPress* each month, which she gives to Gerry Blohm, who handles the actual mailing.

We really need someone to take this on, and Jeanette would be happy to give you more details. Her phone is 616-751-6178, or email [jsholm1@aol.com](mailto:jsholm1@aol.com). Or contact any Board member (see back page).

SWAT (Southwest Advanced Toastmasters) at the Club Car Restaurant on D Ave. one mile west of US-131 on June 6. The public (including you) is invited.

The show starts at 7:00 pm, but get there by 6:30 if you want to order dinner too.

I guarantee you'll have a good time. These two vagabonds have some great stories, and their presentation is really lots of fun.

- Doug Kirk



# Stuff I've Learned

By Axel Kleat

Sure I rode a bike when I was a kid. I think most kids really enjoy their bikes because of the freedom to go where they want, the thrill of speed, and because the idea of riding a two-wheeler—and staying upright—seems so daunting to a youngster. Besides, the big kids ride bikes.

Like most kids, biking eventually became passé for me. Cars and girls held far more allure by the time I was twelve or thirteen, and it was a long time before my passion for biking was rekindled. No doubt about it though, I've been riding lots more years and lots more miles this time around.

Guess I'll never know how much of the way I've turned out to be is related to the lack of helmets in my youth. But despite the knocks to my noggin I endured in my salad days, I've managed to learn a few truisms about biking since returning to the sport, and lately I've been reflecting on some stuff I've learned the hard way as a grownup.

When slapping on the Spandex before a ride, what matters is whether you're comfortable after ten or fifteen minutes of riding. If you dress for how you feel when you step out the door, you'll soon be peeling stuff off.

There is simply no such thing as spinning the cranks too fast or too smoothly. And no matter how long you've been riding, no matter how many thousands of miles you've done, you should work on your spin regularly. Ride in small gears especially in short rides, early on long rides. When I come upon a rider I don't know, the quality of the spin tells me more than anything else. And when you're tired, your spin is the first thing to go.

Move your hands around often on the handlebars. They'll stay warmer in cold weather, and they'll be less likely to go numb.

If you get one of those little rear-view mirrors that clips to your glasses or helmet, you'll soon wonder how you ever got along without it, even though *real* riders won't be caught dead with one. They sure are useless for mountain biking though.

If it looks like rain, the best way to get those drops to start falling is to toss on some spandex and head out the

door. How hard it rains on you depends on your karma, so it really pays to be a good person. If you wear waterproof clothing in the rain, you'll still be soaked, but in your own sweat—which, at least in my case, is a lot worse.

I can't get myself to leave the house for a ride if it's raining, but I'll do a century in the rain as long as the first few miles are dry.

I'm told it was Tom Ritchie who observed that you can have any two of the following three desirable attributes, no matter whether it's relative to biking or anything else—light weight, durability, and low cost.

It's lots easier to change a flat when I'm not dripping sweat and my heart's not racing.

Gatorade and beer don't taste much alike, but they both sure taste good after a long, hot ride.

Group rides and solo rides are so different they might as well be different sports.

If you feel burned out on riding, just change your rides. Riding shortly after sunrise is entirely different than riding in the evening. Riding before work—or at lunch—puts a whole new spin on the work day. Go ride around your neighborhood really, REALLY slow and look around. Go down every side street and path you can find.

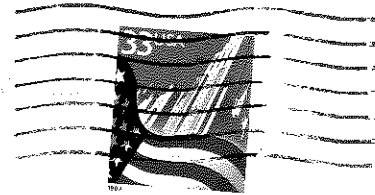
If a rear wheel loses traction, blows out, locks up or pretzels, you will most likely skid or stop unharmed. But if it's a front wheel, you may be turning a few circles of your own very shortly unless your karma or your skills are in very good order. Should your front wheel engage in one of the aforementioned actions while you're out of the saddle, it's best to have your personal affairs in order.

After two hours, cement sidewalks are softer than any bike seat. Maybe this is why they call them saddles, not seats. All bike seats feel like tools of the devil after four hours.

I didn't know any of this when I was young, but besides learning to actually balance a two-wheeler and later to ride no-handed, there is one lesson I recall extremely well from my youth—it is definitely worth the trouble to be sure the front wheel of the bike is firmly affixed to the fork before hopping off curbs at speed when attempting to impress the cute girl who lives up the street.



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**Family Member Names**

**Birthdates**

_____	_____
_____	_____
_____	_____
_____	_____

Signature \_\_\_\_\_  
Parent's Signature (if under 18) \_\_\_\_\_  
\_\_\_\_\_

Interested in working on KBC Events?  Yes  No

Rider Category: Fitness  Casual  Competitive

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