

Pedal Press

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

www.angelfire.com/mi/kbc/

Editor's Letter

This is a goodbye letter. Richard Walter, the immediate past president of KBC, is moving out to California.

I didn't take the rumor seriously at first, but when I got a note from him asking if I'd take a couple of large boxes of KBC paraphernalia he's inherited with his presidency, reality hit.

Richard actually is the last President we've had, because no one stepped up when his term expired late last year. The result was that he and I agreed to be co-Vice-Presidents, and the Board spread the President's duties around to the two of us and various officers and Board members.

Frankly, I haven't done too much other than continue to write the *Pedal Press*, which does take a few hours every month, and do some work on the bike donation program Richard started. As President, Richard wanted to make KBC more a part of the community, not just a separatist bunch of crazed bikers hanging together for moral support in our increasingly motorized, urban-sprawled community.

Richard's gift to KBC is also a gift to the community—he has worked hard on projects like bike rodeos for kids, Flowerfest, and the kids' bike safety program—as well as the bike donation/repair program.

I sure hope someone will take the relatively small amount of time and effort to continue this program. Recently Richard dropped off two bikes in need of repair for a halfway house. I spent about two hours and \$3.00 total, and was genuinely touched by the warm thanks I received when I dropped them off. This is definitely a great idea. I hope someone will be willing to keep it up. I know I'm not the only KBC member willing to work on the bikes. We just need someone to get the word out to the right groups, like Lakeside, the halfway houses, and maybe some boys' and girls' clubs; then make sure the bikes get back and forth to be fixed.

KBC is running lean and mean these days. We have fabulous turnouts at the rides—without a doubt the best turnouts ever. Particularly with Richard's departure, we sure could use some warm bodies to help run the club. It doesn't take much time, and we'd appreciate it.

Good luck Richard.

- Doug Kirk

Coming Events

July 15 (Saturday) Holland Hundred. This is a nice tour that's been around a long time. 32, 64, and 100 mile routes. 616-738-3163 or on the web at www.holland100@novagate.com

July 16 (Sunday) Flowerfest Bicycle Tour

9th edition of KBC's own annual fund raiser. Registration is anytime after 7:00 AM July 16 at KVCC in Oshtemo at the corner of 9th St and O Ave. 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. See page 2 for more details, or call 343-2288 or check the KBC Website:

www.angelfire.com/mi/kbc/

July 16 RAT Ride—Ride Around Torch Lake. If you're stuck up north and can't make Flowerfest, check out this beautiful and challenging ride. Bring climbing gears. Call 231-941-BIKE.

July 22 (Saturday) WOW Ride. Women On Wheels. 15, 30 and 50 mile rides. Good, flat roads. Sponsored by mid-Michigan's premier bike club, TCBA. 517-882-3700. www.biketcba.org

July 22-August 5 Shoreline Circle Tour. one or two week tour. Sponsored by League of Michigan Bicyclists. Great tour. 888-MI-BIKES, or pcshoreline@lmb.org



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

July Birthdays

David Bishop
Sherry Gordon
Allen Halley
Veronica Hapman
Rene' Hess
Jeffrey Mehring
Cliff Muller
Jason Ochoada
Gary Schlender
Bill Strome
Nancy Summers
Steve Vonderfecht
David Watt
Molly White

New Members

Cathy Doan
Jeffrey Mehring
Ken Wolf
Ron Wrege

Memberships Expiring in July

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

Laurie Anderson
Gerald Blohm
Brad Cosgrove
Carl Degen and Family
John Looman
Jon and Kathy Orr
Randy Putt
Anne Reineck
Laura Tyler
Elaine Van Belleghem
Family
Jim and Sally Van Buren
Rick Whaley

Classified Ads

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.

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, 344-0331.

1995 Cannondale mountain bike. Model M-300, 16" frame, good condition, \$300. Call Brad at 665-4372.

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/

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

- Doug Kirk

KBC Ride Information Form

Planning a ride? Send us the facts. Deadline is 15th 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 annual Vicksburg Old Car Ride is history, but two more special one-day KBC rides are planned, one July 8th and one August 12th.

On July 8, the Ride to South Haven takes place. Plan to show up for a dandy ride to Lake Michigan for lunch and some beach time and the return ride to Kalamazoo (100 miles). We start at 8 AM starting from KVCC at 9th and O Ave. in Oshtemo. 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.

Both these rides are pretty long, and while there will be stops for food, etc., bring some food and water of your own because there is no support vehicle. 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/) 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 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 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

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

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.

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.

Have You Hugged Your Bike Today?

July Ride Calendar

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

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

We are repeating two special weekend rides this summer, a ride from Kalamazoo to South Haven and back for lunch and some beach time (100 miles) on July 8, and the Ride Around Kalamazoo County (100 miles) in August. See page 4 for more information. 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 formal leader.

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. 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 8 AM or noon 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

July

2000

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

Back To Zero

By Axel Kleat

I'm not terribly exact about it, but I keep track of the miles I ride. Even made up a little form on the computer with a separate half page for each week of riding with spots for the date, distance, and a few other things, which makes it easy to keep track of weekly, monthly, and yearly mileage figures.

I gave up on bike computers long ago, so you might think it would be hard to keep very good numbers. But between other riders' computers, knowing the roads around here real well, occasionally resorting to a map, and a few educated guesses, I've managed to convince myself that it's pretty accurate—and besides, no one else really cares anyway.

I've concocted a couple of rules over the years. I don't count any ride under 10 miles, and I don't count any "miles" on trainers or rollers. I always write down the mileage to the closest multiple of five, because this simplifies adding things up. Sometimes I round up, sometimes I round down. In the off-season, I write down what else I'm doing to stay in shape, and record how much weight I'm gaining.

It ain't perfect, but it's close enough. When I feel really strong, it's interesting to see what my training's been like to see if I can spot a pattern. If my legs feel like cement, it helps to be able to check and see that it might be because I've pedaled twice as far this month than last.

Being able to look back over years of figures, I've discovered some interesting patterns. I found that my mileage drops in late July and early August every year without fail—I get burned out. My biggest month is September, almost without fail. My mileage went up dramatically when I got my first really nice bike. Either the winters have gotten much milder the last few years or I'm willing to ride in colder weather than I used to be.

Somewhere around the time this gets published, July 1, 2000, I'll cross a big milestone, 100,000 miles of bicycling since I began keeping track in 1984 (strange that I started that Orwellian year). Ten or twelve years ago, I'd tell my non-biker friends I hoped to ride

100,000 miles *in my life*. They were awed. Now they recognize that I have in fact become the fanatic they feared I might. Part of growing older is observing things you dread come to pass, yet finding that life still rolls along largely unchanged.

When my first car crossed 100,000 miles, the odometer ran out of digits and returned to zero. I got a big kick out of having lucked along for so long. It happened in high school with a rusty old convertible I'd bought for \$125. I planned for the event, got some friends, and made sure we were going 100 miles an hour when the magic moment arrived. A hundred miles an hour and a hundred thousand miles. The symmetry was wonderful, even if I'd only owned the car the last few thousand miles.

On my bicycle, I won't know the exact time or place, but what the heck. It's just a number, and odometers aren't too accurate anyway. I don't think I'll be whooping it up quite so much this time either, since I've decided that my own odometer turns back to zero when I plant my front tire in the Atlantic at the end of the KVCC cross-country ride in Virginia Beach on July 3. I imagine I'll be too tired to do anything other than plop into the ocean.

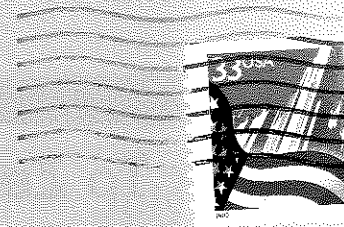
I've been joking that rolling over my personal odometer gets me a fresh start, with new quads, hamstrings and knees. Wishful thinking, I know, but no different than my wishful thinking when that tired old rust-bucket turned back to zero in high school. Like the underpinnings of that old beater, the legs I've got are tired and creaky sometimes, and they lack the raw strength they once had. No way I bound up stairs like I did when I was 20 or 30. But the gams I've got are pretty good yet. They spin pretty fast, and still have some decent power on occasion. I've got them trained pretty well, and I know all their little tricks.

At least I can ride much longer rides than I could a few years ago. Seems I've traded some speed for distance. As the miles pile up over the years, I find myself believing more and more that biking IS life. And to those of you who disagree, I suggest that if you do much riding at all, you'll agree that, at the very least, bicycling teaches lessons that you've applied throughout your life.

Nowhere is it more apparent than in bicycling that life is a journey, not a destination. Guess I'd better set a new goal, or should I say, pick a new destination.



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ADDRESS CORRECTION REQUESTED

Expires 2001/02

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Milwood Schwinn 349-6384
Parchment Bicycle 343-8118
Portage Schwinn 327-3393
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Village Cyclery 679-4242
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KALAMAZOO BICYCLE CLUB MEMBERSHIP APPLICATION

Dues (Check One)

- () Adult Membership \$15.00
() Family \$17.00
() Senior (60+) \$13.00
() Youth (17 or younger) \$13.00

Please Print

Name _____
Address _____
City _____ State ____ Zip _____
Phone _____ Birthdate _____
E-mail _____

Family Member Names

Birthdates

_____	_____
_____	_____
_____	_____

Signature _____
Parent's Signature (if under 18) _____

Interested in working on KBC Events? () Yes () No

Rider Category: Fitness () Casual () Competitive ()

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