President's Letter

I hope that this holiday season will find everyone warm, healthy, and spending quality time with family and friends. Take time to reflect on this past year and don't forget to count your blessings.

I am most thankful for my new bike friends that I have met through the KBC. I have really enjoyed my first few months as your president. And I have actually been kind of busy with the club, a lot of stuff goes on behind the scenes! How exciting!

Just so you all know, KBC is in good hands. We have an exceptional team lined up for 2001. If you have any ideas, comments, concerns, please let one of us know. We are here for you, and for our community. Let's work together for a brighter future of our club.

I just have to share with you something very special that happened in my life recently. My youngest son, Rob Wilson, graduated from the University of Michigan this month. He received a bachelors degree in Finance and Political Science.

Just seven years ago when he was 13 years old he was saying good-bye to his bigger brother who was killed in a car accident. He has had a hard road to travel to get to this place in his life, and you can just imagine how proud Mom must be!!!

In closing, I would like to say thank you to those of you who email and offer me words of encouragement and gratitude. It really makes me feel good and it drives me to be the best that I can.

Don't forget to mark Saturday, January 13th on your calendar for the Recovery Party! Jinny, Kathy and I have a special evening of fun, food, and entertainment in store for you. You really don't want to miss it. And bring a friend! This is a good way to get new members to join our club!

Your Pedalin' Prez Karen Sue Ouellette

In This Issue

KBC Begins Group Email Service, Ain't Technology Great? Page 2.

KBC Recovery Party Details. Be There or Be Square. Page 4.

KBC Membership List Page 5.

Randy's Longest Ride Page 6.

Report From Our Man On The Front Lines. Page 7.

Lost Karma Found Hiding In Basement Page 9.

KBC Recovery Party Set For Saturday, January 13th at 6:00 PM. See Page 4.

KBC's Wish List:

- 1) That YOU come to the Recovery Party.
- 2) That everyone in KBC volunteer to do SOMETHING for Flowerfest. See page 7
- 3) That the snow is gone and the weather is great for riding by March 1st.

In Next Month's Issue:

Richard Neumann shares his tips on mountain biking in two feet of snow ("Doug, remember, easy does it with the front brake...oh, and you really need to work on keeping the rubber side down"). And our Society Editor reports on winter bike fashion trends and exactly who was seen with whom at the Recovery Party. Don't miss it.

KBC Establishes Group Email List

Email List Will Allow Fast, Easy Group Communication for KBC Members Setting Up Rides Or Desiring To Share Information Of Interest to KBC Members.

Another system for exchanging information regarding KBC has been established through eGroups.com and has been named KBC-general. Several functions are available with this system, but the main use of the system will be to send email messages to all members of KBC who register with KBC-general.

With this new feature, you can use a single e-mail address to send a message to all members of the group. This is a free system and is available for all KBC members. Larry Kissinger is the moderator of KBC-general and will be approving requests to join KBC-general.

It's easy to join the list, and takes only a couple of minutes once you are online. Just go to the KBC website: http://www.angelfire.com/mi/kbc/. Then select "Click here to register for Free" and complete the online registration. After completing the registration, please go to 'My Profile' and edit your profile to include at least your real name and indicate in the Remarks field that you are a KBC member.

eGroups will request and e-mail confirmation of registration. Then, the moderator of KBC-general will be notified and your subscription will be subject to approval by the moderator (primarily to make sure all applicants are KBC members). Once approved, members of KBC-general can send e-mail to KBC-general@egroups.com and the message will be delivered to all members of KBC-general. Members will also be able visit http://www.egroups.com/group/KBC-general and look at information including a list of group members, and also view messages that have been sent to the group.

In short, we'll all be able to tell everyone who registers about any ride that is coming up, or quickly spread any other information to the entire group. If you decide to do a ride on short notice, you will be able to spread the word quickly and efficiently.

eGroups.com is having some growing pains and the service has some bugs. For example, when you log onto eGroups.com, it may display an error page and not go to the proper page. If so, you can try again at eGroups.com and it will generally take you into the system and it will indicate your e-mail address on the yellow banner near the top of the page. If your attempt to join KBC-general fails, please try again at a later time.

Several KBC Board members are already registered, and we hope you will do so soon. This system ought to be a real boon for communication within KBC.

KBC-general at eGroups should be a good system for rapid communication within KBC. All members of KBC are encouraged to join and to use this system. Questions can be directed to kalamazoo.b.c@juno.com.

- Larry D. Kissinger

January Birthdays

Sara Aardema Paul Banner Jini Caruso Brad Cosgrove Mike Cutler Doug Gaff John Hahn **Graham Hollis** Mary Lou Hollis Doug Jonas Jeff Kokmeyer Marcia LaFleur John Mathieson Dan Meyer Renee Mitchell Brian Scribner Bill Watt Kathleen Wiedmayer

Expiring Memberships

My least favorite thing to print every month. If you are in this list, please renew your membership. If you know someone on this list, please remind them to renew.

Sara Aardema
Curtis Aardema
Bill Aardema Family
Robert Bell
Al Cergol
Jonathan Evans
Monica Tory
Paul Grabowski
Jody Meyers
John Meyers

Classified Ads

For Sale: Kreitler rollers with PVC drums. \$120 or make offer. Call 353-5812 and leave message. (Your Editor guarantees the use orf rollers will improve your form and make you a smoother rider.)

For Sale: Gary Fisher Joshua 24 Dual Suspension

The finest commercially available 24" children's bike.

This bike is just one year old and in excellent condition. Features:

Front 24" RST shockRear adjustable shock

21 speed grip shiftTEKTRO

"V" brakes Aluminum bars

Aluminum bar ends

Quick release front wheel

Quick release seat post

This bike has been expertly maintained and has been outgrown by the current owner.

First \$200 offer takes this bike home!! Contact Marian or Chris Barnes at 327-8972

No KBC Regular Meeting In January; Start Time Moves to 7:00 in February

Although it's true that we have regular monthly meetings the second Tuesday of the month, the KBC Board decided at the December meeting NOT to have a regular meeting this month.

The thinking was that there's not that much business that needs attending to in January, and besides, the Recovery Party on Saturday, January 13th is by far the biggest club get-together each year other than Flowerfest.

Further, the Board voted to move the starting time for the meeting from 6:30 PM to 7:00 PM, to accommodate a couple of members who have committments that make 6:30 difficult. The monthly meeting will start at 7:00 PM until further notice.

Since we now meet the second Tuesday of the month, the next KBC Board/general meeting will take place Tuesday February 13th, 2001 at 7:00 PM at the Chuck Jaqua Realty office located at 414 W. Milham, just a block or two west of Westnedge Ave.

- Doug Kirk

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

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 competitiuon, bike handling skills, fitness, and sportsmanship.

Call Chris or Steve at 327-8972.

December KBC Minutes

Location: Chuck Jaqua Realtor office building, 414 West Milham Road, Portage. December 12th. Time: 6:30 PM. Present: Randy Loga, Paul Stevens, Steve Secondi, Matt kern, Greg Bouwman, Dave Newman, Denny Morrison, Karen Sue Ouellette, and Doug Kirk.

Our normally trusty Secretary, Zolton, forsook our company in favor of some northern Michigan skate-skiing, so it devolved to your trusty Editor to double as secretary. Zolton disavows all responsibility for what follows.

Treasurer Paul Stevens had nothing new to report except that he hopes to be acquiring a new, faster computer soon. If this were my job, this would mean I could make more mistakes even faster, so it's a good thing we've got Paul.

In the Old Business Department, Karen Sue confirmed that the Recovery Party January 13 will be the genuine article, a real whiz-bang affair. Invitations will be sent, and required for entry, though friends of invitees are welcome. Karen Sue promises a big surprise of totally undisclosed description shortly after the soiree starts, so she advises a prompt appearance by all attendees.

The next Flowerfest planning meeting will be Thursday, January 18, 2001 at 7:00 PM downstairs at the Portage Public Library. Please attend.

Karen Sue reported that the first spinning class (previously reported here) at Borgess Fitness Center is quite a success, and a second six-week class will begin Friday January 12, 2001 at 6:30 PM at Borgess Fitness Center on Gull Road. Cost is \$24 for six sessions. Your Editor guarantees you will get a seriously high quality workout. Call Karen Sue at 327-5846 if interested.

There will be no January KBC meeting other than the Recovery Party, so the next KBC meeting will be Tuesday, February 13th at the Chuck Jaqua Realty office at 414 W. Milham Ave., just west of Westnedge Ave.

Finally, the Board voted to publish a list of current KBC members in this issue, and to solicit feedback concerning publication of all KBC members' phone numbers and email addresses in directory form to be included in a future issue, most likely April. Contact any Board member to voice your feelings on this idea.

- Doug Kirk

Annual KBC Recovery Party January 13, 2001

KBC's annual winter party, also known as the Recovery Party, will take place Saturday, January 13, 2001, at 6:00 PM,

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 6:00 PM.

PLEASE PARK IN BACK AND USE THE BACK DOOR.

To quote our esteemed Prez, 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!"

Kathy Barrett & Doug Kirk are likely to give several awards, as in the past couple of years.

At the December monthly meeting, we learned that all KBC members will be receiving invitations in the mail, and that these will need to be presented at the door on ther night of the party—not just to gain entry, but because of something special the Prez and her cohorts have cooked up.

-Doug Kirk

KBC Race Team Possible

Long ago, racing was the primary purpose behind KBC. But interest in racing, especially road racing, flagged, and so did KBC's involvement—and sponsorship.

Matt Kern appeared at the December KBC meeting to sound us out about interest in re-establishing a road racing team for men and/or women, something both he and his wife are quite interested in developing.

Matt has even been talking to potential sponsors. PLEASE CALL Matt if you are interested at 567-3257 (home) or 833-5566 (work).

KBC Membership List, January, 2001

Bill Ardema Family John Abbey Linda Adamcz Jinny Ahrens Arthur Albin Family Scott & Mary Aldrich Lori Allen Lee Anderson Laurie Anderson Tony Artiles Jack Baldwin Paul Banner Christopher Barnes Family Kara Linne Barone Kathy Barrett and Doug Kirk Cathryn Bastien Robert Bell Emil Berro David and Diane Bishop Jack Blev Gerald Blohm Wiley C. Boulding Family Greg and Jennifer Bouwman Ron Bush Jose Luiz Ferraz de Camargo Family Phil & Jini Caruso Al Cergol Jamie Clark Zolton Cohen Family Jeff Corbett and Family **Brad Cosgrove** Thomas & Rhonda Cross Mike Cutler Beth & Jeff Davis Bruce DeDee Carl Degen and Family Mark DiJulio Family Joe and Julie Dill Cathy Doan Laurie and Ron Doering Bill Duggan Stephen Dunyak Kay Eddy Ronald Eichaker Jonathan Evans and Monica Tory Stacev Flinn Scott Freer **Brad Fry** Patricia Frye Doug Gaff Family

Clayton Gallap Maureen Gibson Rick Gippert and Family Sherrie Glas Harold Gleaves Sherry Gordon Paul Grabowski Ruth Grevenstuk and Family Paul & Annie Guimond John Hahn David Hapman Family Mike & Sherry Higgins Scott Hite & Sandy Stevens **Bob Hoffman** Graham Hollis Jeanette Holm Terry and Kathy Hutchins Robert Hyams David Jarl John and Marcia Johnson Family Doug and Anjanette Jonas Mike and Sheri Jones Family Dan Kallewaard Tom & Celine Keizer Stephanie and Robert Kennedy Family Larry Kissinger Jeff Kokmever Mark Krook Steven Kuntzman Tom and Shari Labrenz Marcia LaFleur Greg and Julie Lawford Family Amy & Gary Lehman Bryan Lewis Rand Loga John Looman John Mathieson Ed Mazurkiewicz Rose McKenna James McNett Will McWhorter Jeffrey Mehring **Justin Merkling** Carol Meyer-Niedzwiecki and Family John and Jody Meyers Jeff and Kerry Miller Charles Miller Renee Mitchell and Family

Denny Morrison Cliff & Robin Muller Family Ray Murphy and Family Dan Nash David Newman Rob Nicey Sally Niermann Maynard Oberlin Terry O'Connor Cheryl and Mark Olson Joan Orman Terry and Karen Sue Ouellette Paul and Anne Pancella Susan Peterson Greg Petty Mark Prairie Andrew Price Randy Putt William Rewalt and Family Brian Scribner Family Matthew Seaman Janice Selby Jack Shook David Sluyter and Jill Stewart Carol Stafford Paul Stevens Family Bill Strome **Nancy Summers** Harriet Swanson Ann Thomas John Thome Rick Updike Jim and Sally Van Buren Victor Van Fleet Dan Van Sweden Steve Vonderfecht and Family Richard Walter David & Karen Watt Bill Watt Jeff Webster and Family Jeff & Libbie Wetters Rick Whaley Mary White and Family Kathleen Wiedmaver Jim Wilson Richard Wolf Ken Wolf Ron Wrege James Wyrick Sandra Zegerius

Why Not Ride Across America?

by Randy Putt

This is Part Two of Ride Captain Randy's series about riding coast-to-coast on a ride sponsored by KVCC last summer. We hope to have articles from other participants in future issues. -Ed.

You'll recall from last month's *PedalPress* I rode across America last Spring with a local group sponsored by KVCC. The Coast to Coast group consisted of a diverse group of riders including 9 retirees (ages 54-65), 4 riders still employed in their 50s, 9 riders in their 40s, 2 riders in their 30s, 6 riders in their 20s, and 2 teenagers.

The following information also indicates the diversity in this group: one rider was from Colorado with some connections in Kalamazoo, one rider was from Lansing, the remaining riders were from SW Michigan.

Justin, Allen, John, and Jen were experienced mountain bike riders and had little road riding experience. John and Jen rode a tandem they had recently purchased, and several people bought new bikes in preparation for the trip. Jack and Russ rode cross country last year with Wandering Wheels, and Terry, Darrell, and Paul rode across the country in 1976 as part of another KVCC group.

Several riders had never ridden more than 30 miles in any one day, and there were numerous riders who had never ridden a century let alone multiple centuries in row. Many of the riders had never ridden in a group before.

There were several of us who have ridden many centuries and several multi-day rides, but most of us had never attempted this type of ride before. Considering the diversity of personalities and riding abilities in the group there were several challenges to overcome. Some were recognized before the ride and others became apparent after the trip started.

Challenge 1: How do you bring such a diverse group of riders, most of whom to not know each other, together for such a trip? Challenge 2: The riders each had their own agenda for the trip. How do you satisfy all of these agendas and still have the riders get along?

The ride organizers held a number of organizational meetings to help the riders get acquainted and explain the trip logistics. The only way to get to know the other riders was to actually ride. I organized some warm up rides to help people get to know each other and to help guage the

physical preparedness of the riders. The riders appeared to fall into ride three general ride groups: 18+ mph (10-12 riders) 15-17 mph (12-15 riders), and less than 15 mph (5-8 riders). This group appeared to be a nice mix of riding styles and paces. Everyone would have someone to ride with. We could have nice groups with pace lines for riding efficiencies.

The trip began with the 2 day bus trip from Upland, IN to Oceanside, CA. It was a quick way to get to know the other riders. We talked a lot, played cards, read, and slept. By the time we made it to Oceanside, bonding with the other riders had begun and we were meeting the first challenge.

On the 1st day of riding it was apparent that ride groups of 10-12 people would be the exception rather than the rule. After riding in a couple of large groups about 15 miles through a heavily populated area, the riders tended to group into small groups of 2-4 riders and individuals as the population and heavy traffic diminished. The traffic, rolling hills, climbs, and descents separated the riders. The riders would gather at the rest stops and share experiences. It was rare for the same riders to stay together the whole day. I was surprised by the group dynamics.

Challenge 3: How do various riders cope with the rigors of riding an average of 100 miles per day in unfamiliar climates and terrain? A lot of teaching went on, especially the more experienced riders helping the less experienced riders with tips on riding technique and how to ride differing terrain.

Those of us who were experienced group riders taught the virtues of group riding to those who had never done it before. When one of us had a problem others stepped up and helped. I learned that always finishing with the lead group is not necessary or desired.

Riding for miles alone or with one or two other people was enjoyable. You could do your own thing and could still join a larger or different group at the next stop or you could enjoy the sights at your own pace. We slowly discovered the fortitude to handle riding the miles.

(To be continued next month. -Ed.)

News From The Front

by Steve Vonderfecht

KBC's Delegate to Kalamazoo Area Transportation Study (KATS) Group Now Also Area RepresentativeTo LMB

At the last meeting of the KATS Technical Committee, applications for 5 transportation enhancement projects were discussed. I was not able to attend the meeting, but I looked over the summaries of 4 of the 5 applications.

These applications are for Transportation Enhancement Activity funds through the TEA-21 process. All involve separate pathways for non-motorized transportation. The proposed projects are pathways:

Along Portage Creek from Kilgore Road to the Kalamazoo River Valley Trail near Michigan Avenue, in the Parkway area envisioned in the Western Gateway project area of Kalamazoo, through northwest Portage from the Romence Road/Constitution Boulevard area to Angling Road, and along Lovers Lane from Romence Road Parkway to Milham Avenue.

The fifth project is a non-motorized pathway involving Kilgore Road, but I don't really know anything else about this proposal since a summary was not included in the material that I received from KATS.

The efforts of the cities of Kalamazoo and Portage to include bicycles and other modes of transportation in the planning process is encouraging and should be applauded.

I am concerned by the number of separate (off the street) pathways being proposed, and especially by the number of these pathways that will be built along only one side of the road.

The proposed pathway along the east side of Lovers Lane is an example of this design which presents a variety of complications when dealing with intersections.

I continue to feel these conflicts are not being given sserious enough consideration, particularly if the pathwways are to provide a safe and convenient alternative to motorized transportation.

Enough of that. I noted the piece in last month's

PedalPress about my "candidacy" for the District 4 position on the Board of the League of Michigan Bicyclists and appreciate the support of KBC. No one else was foolish enough to seek this position, so I ran unopposed. Apparently a recount of the ballots was not necessary.

I look forward to working with the Board and with Lucinda Means, the Executive Director of LMB, who is an outstanding spokesperson for bicycling and LMB. If there are questions or concerns regarding LMB, let me know by calling 329-0540 or sending email to svonder-fecht@lmb.org

2001 Flowerfest Meeting January 18, 2001; Volunteers Needed

The Flowerfest 2001 Team will meet Thursday, January 18th, 2001 at the Portage Public Library Heritage Room at 7:00 PM. Please plan to attend if at all possible.

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. 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.

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.

The 10th Annual Flowerfest Bicycle Tour is Sunday July 22, 2001 starting at 7:30 AM from Kalamazoo Valley Community College.

- Terry O'Connor

very winter, while Tom and his buddies flagellate themselves till their fingers freeze cyclocrossing, I hang out in the basement and overhaul my bike.

I ride enough that I could justify yearly rebuilds simply on mileage. Cables fray. Bearings need cleaning and inspecting and packing. Brake pads wear out. Handlebar tape slips and tears.

I'm filled with wonder at the whitish crud that somehow grows between the tape and the handlebar. I'm amazed at the brown ooze that sometimes turns up inside headsets or crank bearings, and I remain convinced that there is simply no way to have a chain and gears that are both lubricated and clean for very long.

Besides, my sweat corrodes most things quicker than the highway department's most potent winter brine. An overhaul's a real good idea just to discover what fancy, lightweight parts couldn't take my sweat over the summer. The more often I take things apart, the better my chances of getting everything separated. And if there is a real problem, like a stuck seatpost or stem, better to find out when there's a month or two to deal with it.

The annual winter rebuild is the only time the bike gets truly clean every year, because when everything's apart, nothing's in the way of anything else. I clean each part separately. I polish every bit of the frame and fork. I check out every nick and scratch. Some of them are like old friends because I remember exactly how they got there, or because I've seem 'em each winter for a while now.

I spend hours cleaning derailleurs, cogs, freewheel, axles, and wheels. I peer at jockey wheels wondering if they are too worn, and I ponder if the chain has a couple thousand more miles in it, or if I'll ruin the cogs if I don't replace it now. I study rims, spokes and nipples, and take my time tensioning every one.

I'm sure I spend more time cleaning and inspecting than I do putting it all together again. I lube every thread, every cable, every stop, and carefully feel the tension on every adjustment. When I'm finished, I know each bolt, link, and bearing.

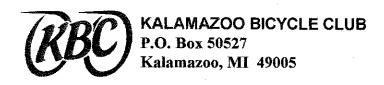
All this stuff is good for the bike, but I make the effort for my own sake too. Starting sometime in November or December each year, I spend a lot less time on my bike than I'm used to. Even if I do get out for an occasional spin once in a while in December and January, I miss the many happy hours I'm used to spending with my bike each week. So to compensate, I spend some cold, quiet winter nights making sure everything is just so.

Inanimate it may be, but I confess I have a relationship with my bike. I've been riding the same frame ten years, and many of the parts almost that long. We've been through a lot together, suffering enormous pain and enjoying indescribable pleasure along the way. When I'm charging up a hill with my heart rate maxed out, that's no mere machine I'm sweating over. The two of us are one, and I want everything right between us.

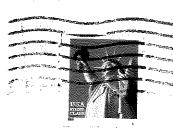
Human relationships work much better if you put some effort into them once in a while and don't take them for granted. My bike's not human, but the principle is the same. I depend on my bike like I depend on people close to me.

It's not enough that my bike be ready whenever I want to ride, I want my karma to be as good as it gets when it's late, I'm still 15 miles out and it's cooling off, I forgot my jacket and my taillight's sitting on the shelf, I'm hanging by my teeth at the back of the pack, I'm hungry and thirsty, I forgot to bring any money, and the setting sun's in the eyes of the semi driver barreling up from behind.

I like to think the time I spend caring for my bike each winter buys me at least some of the good karma I'll surely need sometime next summer.







ADDRESS CORRECTION REQUESTED

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2001/02

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	Village Cyclery679-4242
Ride Captain: Randy Putt	Vorncamp Bike
KBC Info and Ride Line:343-2288	Freedom Recreation381-7233
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SEND TO: KALAMAZOO BICYCLE CLUB, PO BOX 50527, KALAMAZOO MI 49005