

Pedal Press

The Newsletter of the Kalamazoo Bicycle Club, Inc. November, 2001

www.angelfire.com/mi/kbc



President's Letter

Good bye October, Hello November! It is time to put the bikes away (almost) and get the rusty ol' skis out and tuned up! Where has this summer gone?

I would like to use this space this month to congratulate Mindy Kuehl, who is a young women who just competed in the Ironman World Championships in Kona, Hawaii. She did one awesome job!

Mindy is new to swimming and cycling, but a strong runner. She started training this spring for her competition and let me tell you all, she never stopped training. She even was hit by a car while riding her bike a few weeks before the Ironman and was taken to the hospital by ambulance. She received staples in her elbow (because she would not be able to swim with stitches in it) and bruised her whole right side. She looked pretty bad! Two days after the accident she was out riding and swimming again. Pretty incredible.

With this Ironman being her first ever, and with this being her first year of racing, Mindy took a very impressive 7th place in her division with a time of 12 hours and 27 minutes. She had an awesome marathon split of 3 hours 47 minutes! (By the way, the distances were 2.4 mile swim, 112 mile bike, 26.2 mile run.)

We are so very proud of this former basketball star from Paw Paw. She has what it takes to be an Irongirl and she proved it in Kona. Keep an eye out for Mindy next year, she will not go unnoticed!

In closing, I am moving this month, planning a wedding, and working my tail off. Next month I'll be in a warmer climate soaking up sun rays on my honeymoon! Until then biker friends, have a great life! And keep praying for America!

Blessings to all,
Karen Sue Mackaluso

In This Issue

2002 Ride Calender Meeting.....	p.2
October KBC Minutes.....	p.3
Race Results.....	p.4
Perseverance Pays.....	p.6
Axel's Scared.....	p.7

KBC's Wish List

That you get that one item you really want for biking for the holidays. If no one gets it for you, get it for yourself.

Next KBC Meeting

The next KBC meetings are November 13th and December 11, 2001. The meetings are always the second Tuesday of the month, at 7:00 pm. Meetings are currently held at the Borgess Fitness Center, on the campus of the old Nazareth College at the corner of Gull Road and Nazareth. Just walk in and ask at the counter for directions.

PedalPress Late For A Reason This Month

Actually, the PedalPress is late for 2 reasons. First, we wanted to be able to include results of our members in the Iceman.

The Iceman is one of the biggest bike races in America, and is held each year the first Saturday in November. The course runs from Kalkaska to Traverse City. Lots of local riders enter each year, and we wanted to get the results in while they were fresh, not wait until next month.

Second, again this year, KBC will publish 11 issues of the *PedalPress*, skipping one month in the winter. By making this issue and the next one a little late, we avoid having a full 2 month gap without an issue.

Watch This Spot Next Month For Information on KBC's Annual January Recovery Party.

2002 Ride Schedule Meeting Report

KBC Vice President Greg Bouwman facilitated the 21 person meeting at McGinnis Landing on October 29th. Bikers of all abilities and interests showed up to discuss a variety of issues regarding the KBC weekly ride schedule. KBC utilized every means at its disposal to let all members know of this meeting.

The principle points concerned a contingent of racing-oriented KBC member/bikers who proposed adding, supplementing, and integrating some race-training type rides into the regular schedule. There seemed to be a general consensus that the existing ride times and locations should all continue.

Additional rides might include a true recovery ride on Monday nights. Doug Kirk pointed out that a ride he led this summer, the Paceline/DRAGS (Decent Riders Attempting to Go Slow) Ride is in fact probably just the sort of recovery ride that a lot of the faster bikers are seeking.

On Tuesday, one of the suggestions was for a regularly scheduled time trial series, perhaps once or twice a month, in a location yet to be identified. On the other Tuesdays there might be interval workouts or specific hill climbing challenges. Tom Cross indicated an interest in organizing time trials on Tuesdays.

The Wednesday night Hammerfest, which incorporates hill climbing, sprinting, intervals and boorish behavior could be extended in length for a longer, more intensive workout session.

On Thursday night, one proposal is that KBC contact the Kalamazoo Speedway on Ravine Road and D Avenue for use of that facility as an interval type training venue. This mode of training could also be done on a remote road location. Another suggestion has the Tour de Gull (TDG), currently a Friday night ride, moving to Thursday, with Friday either becoming a rest day or another, slower ride, again possibly along the TDG route. Pertinent to this latter suggestion was some concern expressed about "wearing out our welcome" along some of the routes should KBC attempt more than one weekly ride in any single location.

There was discussion and general agreement that the current regularly scheduled **weekend** rides, which may at present have too many - and uncertain - start times, should be organized into a more concrete format. Several people expressed interest in these rides having an early - maybe 9:00 AM - start, as that would leave quite a bit of the rest of the post-ride day for family or other activities, and would also avoid some automobile traffic on the roads. Dave Newman made a preliminary commitment to leading regularly scheduled weekend rides, starting either at the Kal Haven Trailhead or KVCC. It would be a good idea, others said, if there were predictable routes established for the rides, with the mileage posted on the KBC website and in the Pedal Press. These weekend rides, it should be noted, are separate and apart from the "special rides," like the W Ride, Ride Around the County, etc.

The 6:15 PM starting time for the regular weekday evening KBC rides seems to work well for almost everyone at the meeting, though there was general understanding that the ride time must be earlier in the early spring and late fall, as is the current practice.

(Continued on page 5)

November Birthdays

Betsy Barnes
Beth Davis
Bruce DeDee
Diana Degen
Laura Finley
Maddie Fouts
Kathy Hutchins
Sheri Jones
Tom LaBrenz
Julie Lawford
Teresa Liedtke
Frank Machnik
Michael McKee
Tom Nehil
Jeff Newman
Cindy Noverr
Donna Oas
Victor Van Fleet
Dan Van Sweden
Darlene Wolf
Ron Wrege

New Members

Graham Newman
Nicole Newman
Jeff Newman
Harry Wicks
Rachel Wolf
Darlene Wolf

Bike For Sale

For Sale: 61cm Litespeed Classic w/Ultegra components. Excellent condition. Low miles. Comes equipped with Mavic Open Pro rims. Call for other details. Asking \$1,595. 353-5812.

Expiring Memberships

(The Editor believes that changes are afoot that should reduce the lag time in the reporting of the payment of dues to the database manager and subsequent reporting to the Editor for inclusion in this column. So hopefully by next year we will have this information pretty current when we go to press each month. In the meantime, we still apologize to those folks who pay up only to find themselves listed here.)

John Abbey
Laurie Anderson
Tony Artiles
Emil Berro
Jack Bley
Melissa Corbett
Joseph Corbett
Jeff Corbett
Scott Freer
Harold Gleaves
Scott Hite
Sandy Stevens
David Jarl
Jeff Kokmeyer
Steven Kuntzman
Bryan Lewis
Will McWhorter
Cliff & Robin Muller
Maynard Oberlin
Greg Petty
Randy Putt
Matthew Seaman
Jack Shook
Paul Stevens
Rick Updike

Bike For Sale

For Sale: 58 cm (center-to-top) Merlin Road frame, Time Equipe fork, Chris King headset. Perfect condition, never raced. Selling because I got a new bike.
Call Scott Steuer, 383-6347

October KBC Meeting Minutes

Location: Borgess Health and Fitness Center, Gull Road. Time: 7:00 PM

Present: Zolton Cohen, Dave Newman, Paul Stevens, Doug Kirk, Kathy Barrett, Greg Bouwman, Randy Putt.

KBC Treasurer Paul Stevens submitted a financial report detailing expenses and income related to the 2001 Flowerfest Bicycle Tour. The \$1,527 raised during the event will help defray club expenses during the year; primarily having to do with newsletter printing and mailing, phone service charges and other expenses incurred running this non-profit organization.

There was discussion about attempting to reduce some of the expense of putting on Flowerfest in order to increase income. However the general comments among this meeting's participants, backed up by favorable comments from riders on the Tour, centered on the high quality of the food and services provided which made for an enjoyable, superior event. No action was taken on this issue.

Dave Newman suggested, and will follow up on, checking into the possibility of purchasing KBC ball caps to use as giveaway prizes and also to sell for fund raising. The caps would have the KBC logo embroidered on the front, using art generated for the Flowerfest tee shirts.

There was discussion of the 2002 Ride Schedule Meeting. The meeting will be held at McGinnis Landing, at the corner of West Main and Drake, at 6:00 pm on Monday October 29th. Talks focused on the importance of getting as many KBC members as possible to attend, and also on the idea that, because the current rides have been going on for a number of years at the same times and locations, there would likely be little gained and much lost by replacing any of these rides, as opposed to adding additional rides.

Zolton Cohen suggested looking into ways of streamlining the mail distribution process to cut down on the time it takes to process membership applications and checks. He, the database manager, and the new treasurer (after November's KBC elections) will need to work on a system to deal with this problem.

The next KBC meeting will be held at 7:00 PM on Tuesday, November 13, 2001, at the Borgess Health and Fitness Center. The major item on the agenda for this meeting will be the election of Board Members. Please plan to attend not only to vote, but also to bring any new business before the Board.

The meeting was adjourned at 8:10 PM.

Respectfully submitted, Zolton B. Cohen, KBC Secretary.

KBC Race Results

by Cheryl Olson

Boyne MTB Race 10/14

Name	Placement	Class
Mark Olson	13th	Elite
Scott Steurer	7th	Expert
Cheryl Olson	2nd	Expert/Elite

Pando MTB Race 9/23

Name	Placement	Class
Cheryl Olson	1st	Expert/Elite

Iceman/Slush Cup

Name	Placement	Class
John Meyers	1st	Expert 35-39
Mike Jones	8th	Expert 40-44
Scott Steurer	6th	Expert 40-44
Rick Updike	43rd	Sport 45-54
Richard Neumann	5th	Singlespeed
Mike Miles	29th	Beginner 30-34
Stephen Barnes	3rd	Slush Cup 10 & under
Christopher Barnes	3rd	Slush Cup 35-44
Greg Bouwman	8th	Sport Clydesdales
Terry Hutchins	84th	Sport 45-54
Gary Lehman	42nd	Beg Clydesdales

Kalamazoo Hosts NORBA Downhill State Championship

We had 46 competitors in the downhill (4 of which were women) and 30 +/- in the dual slalom. There were regional Elite (our largest class, combining Pro, Semi-Pro, and Experts), Sport, and Beginner riders. The race went smoothly with no major injuries - just some broken bikes from the sick course.

The course was very technical and had several launches (one of which was off a 4' diameter boulder), off camber sections, a log drop off, a gnarly rock garden, and huge triple jump on the descent to the finish. Everybody had a great time. Results are list on www.highgearracing.com along with some pictures of the champions.

- John Frucci

Iceman/Slushman Other Kalamazoo Residents

Name	Placement	Class
Bryon Bierema	6th	Sport Clydesdales
Paul Knight	23rd	Sport Clydesdales
Brian Dissette	23rd	Sport 19-24
Jason Rogge	25th	Sport 19-24
David Pipno	14th	Sport 30-34
Scott McAllister	37th	Sport 35-39
Daniel Henshaw	87th	Sport 35-39
Scott Hite	112th	Sport 35-39
James Walhout	70th	Sport 40-44
Keith Little	128th	Sport 40-44
James Henderson	15th	Sport 45-54
Kristen Oakleaf	26th	Sport 19-34
Wendy Geerlings	26th	Sport 35-44
Julie Terell	23rd	Beg 19-34
Sue Mattice	4th	Beg 35-44
Scott Svendsen	21st	Beg Clydesdales
Daniel Tompkins	26th	Beg Clydesdales
Dave Vermullen	5th	Beg 19-24
Dan Woodhams	7th	Beg 25-29
Andrew Beecham	52nd	Beg 25-29
K Perry Wolfe	14th	Beg 30-34
Joe Kucharski	21st	Beg 30-34
Michael Cockrell	22nd	Beg 30-34
Joel Sevais	50th	Beg 30-34
Dwight Bodarr	89th	Beg 30-34
John Spaulding	9th	Beg 35-39
Kevin Biek	17th	Beg 35-39
Michael Birman	7th	Beg 40-44
Steve Darrell	47th	Beg 40-44
Scott Gardner	58th	Beg 45-54
Steve Terranella	63rd	Beg 45-54
Andrew Darrell	8th	Slush Cup 10 & under
Paula Sammons	2nd	Slush Cup 19-34
Alison Elaine Evans	6th	Slush Cup 19-34
Amand Armstead	11th	Slush Cup 19-34
Tammie Forfinski	6th	Slush Cup 35-44
Vicki Sullivan	9th	Slush Cup 35-44
Joan Darrell	4th	Slush Cup 45+

Cyclocross Race Calendar

www.tailwind.net

Nov 11 - Hudson Mills

Nov 18 - Bloomer

Dec 2 - Stoney Creek

Thanks, Ride Leaders

I'm sitting at my computer writing a note about the 2001 ride season coming to an end. The weather is Fall-like, cool, windy and damp. The weather and lots of work at home have kept me off my bike until recently. We just had a great weekend weatherwise. Hope you've been able to get out and ride. The trees are approaching peak color so get out and ride to enjoy nature's splendor.

We had yet another great summer of riding. The attendance at the regular weekly club rides exceeded my expectations and many new people have become regulars at the rides. Also, the special weekend rides were well attended and none of them were rained out. There was the W Ave. ride in April, the Old Car Ride in June, the Ride to South Haven in July, the Ride Around Kalamazoo County, and the 30th Anniversary Ride in September. Let's plan to hold these rides next year including the 31st Anniversary Ride. Other ideas for weekend rides are always welcome.

I would like to thank the ride leaders again for the great job they have done this year. The following people led rides for all or most of the 2001 ride season: Kathy Barrett, Zolton Cohen, Mike Higgins, Doug Kirk, Terry O'Connor, Steve Johnson, Randy Putt, Bill Strome, and Paul Wells. I would also like to thank Beth Davis, Cliff Muller, Dave Newman, Rick Whaley, and Ed Wilson for leading rides several times during the year and/or planning and leading a special weekend ride. Thanks also go to those conscientious riders who filled in at the last minute when no ride leader could make it. One last thank you to all the riders who attended the rides and made them a success. Come back next year.

They are no regularly schedule rides in November. The weather will allow some weekend rides, so meet at KVCC at noon on Saturdays and Sundays as long as the weather permits for impromptu rides. The riders who show up can determine the route and pace of the ride. If you would like to lead an impromptu weekend ride at some other time, call me or email me at sterling.r.putt@pharmacia.com or srbike@aol.com, or send a note via KBC group email and I would be more than happy to forward information about the ride to my biking e-mail list. There are always riders ready to go. If you would like to be on my ride list, send me your e-mail address.

If anyone has any ideas on how to improve upon our ride schedule or the rides themselves, please contact me.

- Randy Putt

Ride Meeting (cont'd from p. 2)

There was near unanimous agreement to include an annual "Anniversary Ride" on the KBC calendar. This ride on September 22nd had a very good turnout, and the food, route, and concept were all highly praised.

Doug Kirk mentioned the need for others to develop and help publicize (via the KBC Pedal Press, through e-mail lists, and the KBC website) "special" weekend rides. This, he said, is how all the established KBC rides took root and eventually became regular events.

He and Kathy Barrett have many times in the past taken the initiative in organizing and promoting such rides. Several at the meeting remember their "Underbelly of Kalamazoo Ride," a mountain bike tour through the parts of Kalamazoo not usually seen - along the Kalamazoo River, winding through city and county parks, and ending with a tour of a metal scrapyards.

The suggestions for these proposed rides and changes will be presented to, and considered by, the KBC Board (several members of which were at the meeting) in the near future for further discussion, "fine tuning," and planning for organization and implementation. But the general consensus was that while KBC is likely to add to the ride schedule next year, the existing weekday rides will continue.

- Zolton Cohen

Winter Spin Classes?

Several KBC members have asked me what I know about whether there will be any spinning classes this winter aimed towards experienced cyclists. You may recall that our Prez, Karen Sue, ran such a class Friday evenings last winter, and it was generally completely full of KBC members.

I asked Karen Sue what her plan is, and she said she hopes to get the class up and running in January. As she has pointed out in her column, she's been a busy young woman lately, but hopes to get things back on a more normal keel soon. We'll let you know as soon as we know more.

- Doug Kirk

The Tour de Gull Lake, a Success Story

When I first started riding the Tour de Gull Lake about 1992, it was a fast and well attended ride. It was always a challenge to keep with the fast riders who attended. The route was 27 miles of rolling hills, curves, and lots of scenery. I enjoyed riding it very much even though I sometimes got dropped.

Several years ago the ride leader and ride originator moved away. Since I enjoyed the ride so much and wanted the ride to continue, I decided to try my hand at ride leading. I volunteered to be ride leader for the Tour de Gull. After the original ride leader left, most of the regular riders did not come back and the ride attendance was low (6-10 riders) for several years. It was a bit discouraging to have such a small turnout. The regular riders were loyal and kept riding.

But turnout slowly increased over the last few years. A few fast guys starting coming and attendance continued to increase by word of mouth. For the last couple of years we have averaged 20-30 riders every week even in October. The average speed of the ride increased and the riders typically broke up into several groups, the fast guys and all the wannabees. I was able to stick with the fast group on occasion. It was a challenge and was fun. There was a lot of conversation before and after the ride, also.

Then an amazing thing happened early in the season this year. The fastest guys started sitting up at certain spots in the ride which lend themselves to regrouping. This allowed the riders who had fallen behind a bit a chance to catch up. Most of them did catch up. It was a great morale booster for those of us who usually struggled to keep up with the group.

The last 3 or 4 miles of the ride are mostly flat or bit downhill through a heavily wooded area and is well suited for a fast pace line. The pace usually picks up at this point. It is not unusual to see sustained speeds of 24-28 mph. The fast guys are strong. Just grab a wheel and hang on and enjoy. I've even learned to sprint for signs and be somewhat competitive, especially if I can catch the rest of the group sleeping.

Other riders who could not hang with the group previously have persevered and improved, and now finish

with the group. It is always a thrill to be part of a fast pace line with a large group of riders. In the last 1/2 mile riders begin preparing for the sprint (30-38 mph on some nights) to the stop-sign warning sign on 37th St. The group of 20-30 riders typically finish as a group. It is great fun.

Periodically throughout the summer there were riders in a 16-18 mph group that would start out with the faster group. These riders would try to hang on to the faster group as long as possible, but would usually get dropped somewhere along the way. As a result they would not ride the Tour de Gull on a regular basis.

I'm embarrassed to say that I was selfish most Fridays and did not help these riders stay together. It is time to remedy that situation. I invite all riders who would like to try the Tour de Gull Lake next year to come on out and we'll make sure you have someone to ride with. We will be happy to help you improve your group riding skills too.

The Tour de Gull Lake is a fun route and does not have to be ridden fast to be enjoyed. I would be more than happy to get a regular more moderately paced group going on this ride. I will be happy to help you get organized. Hope to see you at the Tour de Gull Lake next year.

- Randy Putt

Calling All Road Racers

Matt Curin asks that we spread the word that, as the Head Honcho, he's accepting resumes for next year's Pharmacia (Detrol LA) road race team.

Right now riders have to be a Cat 1 or 2 on the road, and be willing to do an extensive amount of traveling.

If anyone is interested, give Matt a call, at work, 833-5566. Thanks.

Wait 'Till Next Year..Maybe

by Axel Kleat

Every year around November I get big plans for what I'm going to do to stave off winter boredom and get stronger for next year. Faithful readers no doubt have faint recollections of my past tomes touting hefty weight room agendas, not to mention my latest plans to keep those extra winter pounds somewhere other than around my midsection.

This winter I've got a whole new motivation—fear. Seems that practically everyone I talk to has big plans for next year, plans that have already started, plans that include—brace yourself—Professional Training Advice. It figures. We send one of our own best (not to mention brightest) members off to be CEO of Carmichael Training Systems, and next thing you know, people are actually signing up with CTS and other professional trainers.

A few folks on the fast end of the learning curve signed up early for this past season—and darned if they weren't faster. In a couple of cases, a lot faster. I suppose this sort of thing is what gets other people interested, especially when someone used to getting dropped is suddenly doing the dropping instead. Nothing like a rude awakening to make you sit up and take notice.

So I guess I shouldn't be surprised when, after a Hammerfest-pace ride the other Sunday, one of the fastest people there was heard to comment that this was not exactly the sort of "base" miles he was supposed to be logging in his training program for next year.

I'll tell you one thing for sure—nobody around here would have said anything like that before this year.

Just about everyone's wearing a heart-rate monitor lately, doing tests to figure out anaerobic thresholds, checking their average heart rate, and figuring their rides by the amount of time they ride rather than how far they went.

We have riders who actually read the latest fitness

information. They plan their workouts. They watch what they eat. They taper before big events. People who actually study this stuff are telling them when to go hard and when to go slow, what their average heart rate should be, and how long they ought to ride.

Another thing I've noticed—funny how people are a lot more likely to do their stretching, get their sleep, do their weight work, and train like they're supposed to when they are paying someone to tell them to do it. No doubt there are a few mothers shaking their heads out there.

I got no coach, no trainer either. I stretch, but I don't do it enough. I lift weights every winter, but I always get bored and I ache and I look for excuses to skip it. I ride as much as I can, and no doubt fall victim to the great American training blunder of going too hard on my slow days and too slow on my hard days. I'm overtrained in the summer and undertrained in the winter. I know so little about formal training that even when I think I'm doing the right workout, I'm probably going about it wrong one way or another.

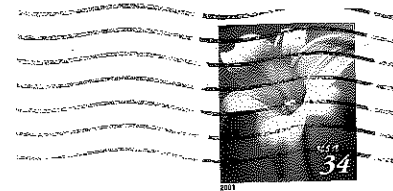
And it shows, too. I'll plan everything just right to be really strong for particular rides, and half the time my legs feel like cement anyway. Sometimes I struggle just to hang on the back, too stupid to admit it's just a bad day and I ought to go home. Then once or twice a year I feel strong enough to suck Lance's wheel on the *Tourmalet* and I've got no idea why or how to repeat the feeling. There's just no rhyme or reason to it that I can figure.

With coaches and trainers and schedules and plans and goals, maybe it's actually possible to have some control over this sort of thing. But the price...the money's bad enough, even though I suspect you really do get what you pay for. It's that other price—having a set schedule, a plan, somebody telling me when and how hard to ride instead of just doing whatever kind of ride I feel like. Riding's got to be fun, and that's all their is to it. I just don't know about having to follow a plan.

On the other hand, I DO know about getting dropped, and I don't like it. So, where do you suppose that heart rate strap is? And which days did you say you're supposed to do weights? Mind if I tag along and maybe pick up a few pointers??



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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
 Freedom Recreation 381-7233

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