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

### **President's Letter**

Greetings to all! First of all I would like to thank Captain D. Kirk for filling in for me last month as I failed to get my president's letter to him on time.

Wow! The comments are still coming in about the Recovery Party! What a blast! We somehow forgot to thank **Portage Schwinn** last month for their generous contribution of *schwag* for the Recovery Party. Sorry folks, and thanks again. Can't wait to do it all over again next year! Any volunteers???

I would like to share with everyone about our spin classes we are having at Borgess Health and Fitness Center on Friday nights. We are having the time of our lives! At least I am. We have been averaging 10-12 riders every week. We have experienced pain in a whole new dimension. Of course I have to put on a good show for the group, so I never even allow a glint of any suffering whatsoever so show. What would my fellow biker buddies think if I let a grimace show??? We are in our last 6 week session, if we add one more, there would be room for you! Let me know! My phone number and email address are on the back page.

Thanks to Doug for teaching the February 16th class for us! He did a fantastic job! Damn near spun our legs off! I would love to be his student every night! You guys, he is good! He is really good! I am learning so much from him!

Anyway, it is time for the rest of you all to come to one of monthly meetings. We are having great turnouts and would like you to join us. We need your input. This is your club after all! Meetings are always the second Tuesday of the month at 7:00 pm at the Chuck Jaqua Realty office at 414 W. Milham (just west of Westnedge) in Portage.

Thanks for the positive input and suggestions that have been sent my way. It is an honor and a pleasure to be your club president. I am finally learning my way around a little more. Thanks to the good ole (Not Old)! boys for helping me out! I really appreciate it!

Finally, Happy 50th birthday to our secretary, **Zolton!!!!** 

- Karen Sue Ouellette

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## LMB Ride Calendar Enclosed

LMB sent us 100 copies of their wonderful state-wide ride calendar. Which is not enough to get one in each newsletter. We're trying to get more before we mail this issue, but if you didn't get one with your copy of this *PedalPress*, we apologize, and hope that your friends did.

## Check Your KBC Membership

You know that little white sticky thing on the back page of each issue? It says when your membership expires. Check it, and you might just avoid the embarassment of finding you name listed in the Expiring Memberships column, just like our very own president and Vice-President. C'mon guys—you're supposed to be setting a good example here, right?

### **KBC's Wish List**

- 1) Volunteers to work a shift at Flowerfest—See page 5.
- 2) Ride Leaders—the more the better—to lead rides this season—See page 4.

## MDOT Plans To Study S.W. Mich Non-Motorized Needs

Are you interested in a non-motorized investment plan being assembled by MDOT for the 9 counties in southwest Michigan? This plan will help MDOT as they choose how and where to invest funding for bicycle and pedestrian facilities. MDOT will host a series of public information meetings throughout southwestern Michigan during the month of March. These meetings are designed to help evaluate non-motorized needs along our trunkline routes early in the project development process. In addition to meeting MDOT planning needs, we would like for the evaluation process to reflect local preferences and priorities. Additionally, MDOT is establishing a computer based inventory of existing and planned bicycle and pedestrian facilities in the Southwest Region. Participants will be asked to review and correct a preliminary version of this inventory at the meetings.

All area bicyclists are affected by this process, and we hope you want to participate. Individuals would be asked to attend one meeting. You can fax your name and address to 616/388-3083. You may also call us with names at 616/388-2830. Since the meetings are scheduled for March, get us your information as soon as possible. Call Stacey Monroe at 616-342-0623 for more information.

## **KBC Establishes Group Email List**

## Fast, Easy Communication for KBC Members Great for Setting Up Rides.

A group email system for KBC has been established through eGroups.com It's 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. Members 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 to all KBC members.

Ittakes only a couple of minutes to join 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 form. Then 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. 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 can visit www.egroups.com/group/KBC-general to see 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. Several KBC members are already registered, and we hope you will do so soon. Some members have related having difficulty getting registered. If you have trouble, email me, the KBC webmaster at

kalamazoo.b.c@juno.com

- Larry D. Kissinger

### **March Birthdays**

Dan Degen
Jeanette Holm
Jim Wilson
Andrew Price
Rebecca Gaff
Hope White
Robert White
Maureen Gibson
Gary Lehman
Cole Lehman
Aaron Webster
Jamie Clark
Ed Wilson
Teresa Xaundria
Christine Raible

#### **New Members**

Richard Neumann Greg Petty Bob Schuler Ed Wilson Teresa Xaundria

## Expiring Memberships

Rhonda & Tom Cross
Mike Cutler
Denny Morrison
Greg & Jennifer Bouwman
Karen Sue Ouellette
Rand Loga

#### For Sale

2000 Serotta Atlanta (steel) frameset, 60cm. Less than 100 miles!!! Serotta F1 carbon fork, Stronglight Delta headset, American Classic seatpost. Serotta's premium "Cha-Ching" green color (cost extra \$\$ and is really beautiful). Asking \$1,100.

If desired can also be sold as a complete bike equipped with Ultegra components and Mavic Open Pro wheels.

Selling because I need a larger frame, John Thome, 353-5812.

## **Classified Ads**

For Sale: Kreitler rollers with PVC drums. \$65 or make offer. Call 353-5812 and leave message. (Your Editor guarantees the use of 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 shock
Rear adjustable shock
21 speed grip shiftTEKTRO
"V" brakes
Aluminum bars/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

For Sale: Quintana Roo triathlon/time trial bike. 56cm black Special Edition cro-moly frame and aluminum fork. Syntace aero bar with Grip Shift rotation shifters on aero bar. Shimano Ultegra components.

Extras include: \$200 titanium Topline cranks, titanium Flight Seat, Cateye cycle computer, Look pedals, cork tape and bottle cage. Bike has very low miles and was only raced three times. Very light and fast. Must sell due to illness. \$2300 new-asking \$1300. (517) 642-3359.

## **Next KBC Meeting March 13th**

The next KBC monthly meeting will be held the second Tuesday of the month, as usual, March 13th, 2001 at 7:00 pm at the Jaqua Realty office located at 414 W. Milham Ave. in Portage. This location is about two blocks west of Westnedge. Anyone and everyone is cordially invited to attend.

## KBC Board Minutes, February, 2001

Time: 7:00 pm. Present: Zolton Cohen, Doug Kirk, Paul Stevens, Karen Sue Ouelette, Jinny Ahrens, Steve Secondi, Greg Bouwman, Tom Keizer, Denny Morrison, Tom Cross, Randy Putt, Rand Loga, Rick Whaley, and Theresa?

This meeting started with discussion about changing the membership brochure. Also, the Board moved to offer discounted three-year memberships in addition to the traditional one-year membership. Fees for individuals for three years would be \$40.00, families \$45.00, and seniors (those older than 60) \$35.00. The "Youth" (under 17) membership was dropped, as there have been no such memberships in several years. Karen Sue Ouellette, KBC President, and Zolton Cohen, KBC Secretary, will work together on the content and design of the new brochure.

Jinny Ahrens, KBC database manager, proposed sending postcards to approximately 120 former KBC members who have allowed their memberships to lapse since 1999 and 2000. The funding for this mailing was approved. Those not responding to this contact will be removed from the approximately 3,000 name KBC database.

Paul Stevens, KBC treasurer, distributed a current treasurer's report. There was discussion about whether to renew the KBC insurance policy, given the yearly expense. This was eventually approved, after weighing the potential exposure of the Club and Board members to legal activity. Greg Bouwman, KBC Vice President, will review the insurance policy and report on improving the way ride leaders handle getting signatures on waivers of responsibility before the club rides. In addition, he will develop a protocol for reporting to the insurance company any accidents that happen on the club rides or during KBC sponsored events.

Randy Putt again puts out a request for new ride leaders, especially for the slower groups of riders, and will hold an orientation meeting in the spring for new and existing ride leaders. This meeting will be for the purpose of explaining the purpose and responsibilities of ride leaders.

**Denny Morrison** donated \$150.00 to KBC so the Club could help in purchasing a bicycle for a needy 6-year-old boy. Denny also donated (3) bicycles to be tuned up and donated.

Thanks to Rand Loga for bringing in and sharing his chocolate birthday cake - and happy 48th! Meeting adjourned at 8:33 pm

- Zolton B. Cohen, KBC Secretary.

### **Plan Those Rides Now**

Although there will be no official rides scheduled for March there will be riders ready to ride if the weather is suitable. When the weather cooperates, rides will most likely materialize in the next couple of months. Meet at 11:00 am on Saturdays in the SW corner of the KVCC parking lot near the tennis courts, meet at 1:00 pm on Sundays in the SW corner of the KVCC parking lot near the tennis courts in March. For weekdays,

- Meet at 5:30 pm on Mondays at Texas Drive Park.
- Meet at 5:30 pm on Wednesdays at the Kal-Haven Trail parking lot.
- Meet at 5:30 pm on Fridays at Billy's Bike Shop in Galesburg.

The riders who show up at any of these locations can determine the length and pace of the ride. There will no official ride leader or maps provided. KBC plans to offer at least a partial weekday ride schedule in April as the weather and daylight permit. The schedule should be very similar to the last several years, with start times moving to 6:00 pm once daylight savings time begins. Look for details in the April Newsletter.

If anyone would like to lead a weekend ride in March, give me a call or send me a description of the ride via e-mail or use the KBC-General group e-mail list (see page 2). If the roads are dry, there will be riders ready to ride. I have a lengthy e-mail list of riders, so the ride information can be transferred quickly and on short notice. If any of you would like to be added to MY e-mail list, send your e-mail address to me (srbike@aol.com or sterling.r.putt@pharmacia.com).

#### Be A Ride Leader

It is time to think about KBC rides for the year 2001 ride season. KBC had a great group of ride leaders last year and the 2000 ride season was another great year. Attendance at the rides continues to increase. With the increased ride attendance we need more rider leaders for the 2000 season to accommodate the larger groups. The more ride leaders we have the better. Volunteer to lead some rides. It's fun. The routes are well established for the Monday, Wednesday, and Friday rides. The club will be happy to help get you started.

There was a large rider participation the 16+ mph ride groups and these groups are well established for the Monday, Wednesday, and Friday night rides. Although the

#### by Ride Captain Randy Putt

Monday 10 - 15 mph ride was well-attended, the slower rides on other nights were poorly attended. The ride leaders stuck with it the whole season, but we were unable to attract any riders on a regular basis. In order make additional 10-15 mph ride groups a part of the KBC ride calendar KBC needs you 10-15 mph riders to participate and to help lead the rides.

Some members of the Portage Pedalers, a seniors' riding group from Portage, led the 10-12 mph group on Monday evenings for most of the last couple of ride seasons. We hope to continue this group this season. More info about this group in future newsletters.

If anyone is interested in leading rides this year, please give me a call at 649-1814. 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. You do not have to wait to be asked. No experience is necessary, just the willingness to ride with a great group of people who enjoy riding their bikes.

#### How To Lead A Club Ride

Ride leaders play an important role in our ride program. There is room in our monthly ride schedule for any ride. There are nine easy steps in leading a ride: Call the ride captain (Randy Putt) at 649-1814 to lead one of our regularly scheduled rides or propose a ride of you own (newsletter deadline is the 15th of the month prior to the scheduled ride; for example, the deadline for the May ride calendar is April 15), then

- Provide a map of the ride route,
- Arrive at the starting place of the ride at scheduled day and time,
- Have all riders sign the release form (available from the ride captain) as they arrive,
- Hand out maps after the rider has signed the release form (most of the regular club rides have established routes).
- Make needed announcements about the ride,
- Make sure new riders feel welcome,
- Make sure riders stay with the group, especially the slower riders,
- And most importantly, have a great ride.

If you have any questions about ride leader duties or would like to lead a ride, call the ride captain at 649-1814.

# Flowerfest Leadership Meeting Minutes

The Flowerfest Leadership Team met Thursday February 15, 2001 at the Portage Public Library. The following summarizes the planning activities for the Sunday July 22, 2001 event.

- 1. David Newman reported that problems had developed in attempting to provide a new bicycle for the pre registration drawing prize. The team decided to give away four \$50 gift certificates from Alfred E. Bike, Breakaway Bicycles, Milwood Schwinn and Village Cyclery as an incentive for tour riders to sign up early. David is also preparing a volunteer request letter to staff the rest-stops. David will coordinate with the Pedal Press Editor.
- 2. Cliff Mueller provided a streamlined brochure for the team's review. Cliff has simplified and provided e-mail confirmation on the registration form. The final document will be ready in March. Cliff has been exploring potential t-shirt designs. He will work with Karen Sue to see if a joint club effort can be made to produce both a club design that can be used for Flowerfest with slight modification to reduce costs. Logos are still being obtained from sponsors. Cliff has also reached agreement with Jinny to manage the Flowerfest rider data base.
- 3. **Greg Bouwman** presented two opportunities for Kalamazoo *Gazette* Flowerfest promotion March 24 and April 19. The team agreed to approve the \$200 expense. Art work for the 300 water bottles for pre registration riders was approved and Randy Loga volunteered to help Greg with obtaining Meijer event sponsorship.
- 4. Facility arrangements at KVCC and Briar Patch were reviewed by Terry O'Connor. The team decided to go with 5 canopies this year: 3 at KVCC and 2 at Briar Patch at a cost of \$70 each.
- 5. Rick Whaley will contact Jesse Burns 345-8037 for CB radio coverage this year. Rick will coordinate the Flowerfest route management requirements closer to the day of the event and check with Jim, our map maker, to include mileage and shortcuts on this year's route maps.

Our meeting is scheduled for March 15 at 7:00 p.m. Portage Public Library Heritage Room (downstairs) and all interested members are welcome to attend.

- Terry O'Connor

## Want To Ride Some Time Trials This Year?

Last month, we asked what kind of rides KBC ought to add this year, specifically mentioning mountain bike rides, group road rides in the 10 - 16 mph range, and time trials. We have had some positive feedback on the return of the time trial, which we haven't had for about 10 years. People are looking into a good route, with the likely start/end at Vicksburg High School.

Tuesday or Thursday nights are being talked about as the likely time, with a distance around 8 miles. I know I'd be willing to run the stopwatch a few times, and I suspect we could round up a few other people. I think it can be done with just one person each evening if the course is a loop. Stay tuned, and let me know if you have any ideas.

- Doug Kirk

### Flowerfest Help Needed

You are cordially invited to staff a Flowerfest rest stop for a few hours on Sunday, July 21. We need volunteers to cover about 30 shifts at the Briar Patch, the Alamo little league fields on Avenue D, and the start/finish at KVCC. We also need a couple of people who are adept bicycle mechanics for mechanical assistance. Please fill in the form below, and return to David Newman, Flowerfest SAG Support, 9754 Sunnywood Drive Kalamazoo, MI 49009. Once I've arranged the schedule, I'll let all volunteers know when and where to show up. If you have any questions or suggestions, please call me at (616) 375-8105 or send e-mail to David Newman@wmich.edu, and I will get back to you as soon as possible.

Name:

Phone Number:

Address:

e-mail (optional):

How many shifts can you cover?

Got the skills/tools to be a bike mechanic for the day?

Please list your 3 preferred times and locations from the following choices:

Times: 7-9am, 9am-noon, noon-3pm, 3pm-5pm Locations: (1) KVCC, (2) Briar Patch, (3) Alamo Little League. The first shift will help set up the rest stops, the last shift will help with clean up and tear down.

## State of the State of Biking in Michigan

The Editor figures that many KBC members do not belong to the League of Michigan Bicyclists (LMB) and so do not receive the League's Michigan Bicyclist magazine. The winter, 2001 issue has a State of the State of Biking article by LMB's Executive Director, Lucinda Means. We've condensed it just a bit, but we thought the article well worth reprinting. The League could certainly use your support.

Michigan has 3 private, non-profit groups that promote non-motorized transportation: LMB, Rails to Trails Conservancy and Michigan Mountain Biking Association.

The LMB has dozens of volunteers and one full-time staff person who work on a variety of projects around Michigan to advance bicycling. LMB works with the Michigan Department of Transportation and other agencies. LMB promotes bicycling tourism, distributes general cycling information, educates people on safe cycling and represents the interests of cyclists at public hearings.

LMB publishes the annual poster listing most invitational rides, tours and races in Michigan, and sponsors 4 week-long tours. I know of no other state with 4 cross-state tours (DALMAC, PALM, Shoreline, and Michigander). Michigan hosts the Apple Cider Century, one of the biggest one-day tours in the midwest and ODRAM, the One-Day Ride Across Michigan (Muskegon to Bay City—175 miles).

Michigan has 40 - 50 bicycling clubs and over 450 independent bicycle dealers. Michigan is home to bike locker (safe) company, Cycle Safe in Grand Rapids, and boasts several frame/parts manufacturers: Slingshot Cycles, Assenmacher Designs, Nukeproof, Boeshield, and Quiring Cycles. And did you know that a Southfield company, Questor Management, owns both Schwinn, and GT Bicycles?

The United States Cycling Federation (USCF—road and mountain bike racing) is very active here with numerous time trials and criteriums. A new velodrome is under construction in Rochester. Michigan ia a leading state for competitive bike racing, hosting 8 competitive race series for mountain bikers and road cyclists, as well series for triathletes, cyclocross, and BMX. Typically there's racing of some sort every weekend from spring through the fall. The Iceman in Kalkaska is the second largest mountain bike race in the United States each year.

All this racing has made Michigan a leading source of national and international racing talent, producing Frankie Andreu, Connie Carpenter, and neo-pro Kirk O'Bee, just to name a few.

MMBA is the largest and one of the oldest state-based advocacy groups in the country. Its members have developed and maintained some of the best trails in the midwest. The International Mountain Biking Association recently gave Michigan the highest rating east of the Mississippi River.

RTC (Rails to Trails) organizes a biennial trailways and Greenways conference, and reports that Michigan has 53 open rail trails totaling 1131 miles and 52 additional trail projects in various stages (another 1116 miles).

Four major cities (Kalamazoo, Lansing, Port Huron and Ann Arbor) have bike racks on their busses, and over 80 police/sheriff jurisdictions have at least one bike officer.

Numerous metropolitan planning organizations and cities across the state have at least one staff person who devoted significant time to non-motorized trransportation, including Ann Arbor, Grand Valley Metro council, Kalamazoo, SEMCOG, Tri-County Regional Planning Commission, and MDOT's Southwest Michigan Transportation Service Center.

By the close of the federal TEA authorization period, Michigan will have invested federal and matching funds totaling over \$100 million in non-motorized transportation facilities.

These various organizations and their supporters are all striving for better land use to increase economic visability and livability. Much is due to the League of Michigan Bicyclists' involvement, but the fact is that here is a diverse and very dedicated group ofmembers of a coalition of several groups interested in pedestrain access, intelligent land use and bicycling rights' advocates out there who all work hard to achieve common goals, which includes a well-conceived and implemented non-motorized transportation system.

- Lucinda Means

## **Forgot My Latin**

by Axel Kleat

ihil illigitimo non carborundum. I've forgotten virtually everything Mrs. Bell taught me in 9<sup>th</sup> grade Latin class, but I do remember this catchy phrase I learned in a less formal setting. It means 'Don't let the bastards grind you down.'

On January 31<sup>st</sup> I forgot my Latin. I was so angry at the utter lack of social skills (and when I say someone's lacking in social skills, you *know* there's a problem) ineptitude, and stupidity exhibited by the cretins I was dealing with that their health would have been jeopardized had they actually been present. The telephone is a mixed blessing, but that day it saved me from criminal charges.

As I stormed out the door, I realized that moods like this provoke overtly hostile acts, blind stupid stuff, like road rage. Worse, it occurred to me that just then I was exactly the kind of guy you dread having roar up from behind, seething, steaming, frustrated, and looking for something or someone to take it all out upon. It's a bit sobering to realize that one has met the enemy, and at least for the moment, we are one and the same.

I also realized that the best possible thing I could do for myself just then was to go for a bike ride. I hadn't been out since the very early December, over eight weeks earlier. All that much-ballyhooed cross-training was getting old, and wouldn't do the job anyway. With all that anger, if I hit the weight room I'd probably get to feeling all angry and macho, shove too much weight on the bar and get injured. Skiing would require driving first, and besides it hadn't snowed in a month and the snow was positively awful. And my knees long ago forgot all they ever knew about running.

Besides, I had to face it—none of these would provide enough suffering to distract me from the idiots I'd dealt with all day. Suddenly the same weather we'd had most of the month didn't look quite so dreadful. In fact, it was a downright rideable, overcast, damp and breezy 38 degrees. I realized the beater-bike sitting in the basement was just waiting for me to apply a fresh coating of mud and salt.

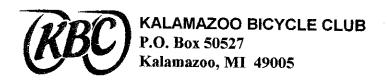
No way I'd have gone out that crummy January afternoon otherwise. But those jerks on the phone pushed me right to the edge. I hadn't thought seriously of riding outside for weeks, but now there was no time to delay. I had a great little 20 mile ride. Got kinda cold, but I sure had plenty of energy to burn. Got a little wet too when it started spitting freezing rain while I was still 5 miles out. So what? I was riding again. It felt great to be out there in the dingy, January light, free as can be, and not strapped to the trainer or trapped in a pool.

I got in some quality rumination time while my legs tried to remember the idea is to spin a small gear, not crank some big one. I thought about those jerks on the phone, cogitating really colorful, descriptive terminology for 'em that it's just as well I wasn't fast enough to think of earlier. Somewhere along the way the anger slipped out the bottom of my feet and around the cranks, slithered through the chain and the gears, flew out the spokes, and got squashed against the asphalt.

There was a time when, instead of going for a ride, I'd have screamed at anyone in earshot, or headed out for a really fast and stupid drive in the car. You know, redline the engine and fry the tires a few times. Or flog the motorcycle for a while, popping wheelies and grinding bits of metal off the parts that drag first in corners. In my younger days, getting pulled over or scaring myself silly usually produced a crudely effective catharsis. Probably still would, but a bike ride's a good deal safer and tons more effective.

Putting myself out there on the bike amid pothole-dodging angry and distracted SUV drivers is akin to facing the truly dreadful and deadly horrors that confront most of humanity on a daily basis.

Life is a true, day in and day out struggle for most living creatures, and riding a bike in winter weather and lots of traffic is a good reminder that I've got it pretty damn good. I am reminded how inconsequential I really am, and that what's important—and wonderful—is that I am able to be out there going for a ride with a body that's reasonably willing and a mind able to take it all in. And I realize that what had me ready to commit felonious assault a little earlier is really an infinitely small bunch of crap, not even worth a moment's further thought.







### ADDRESS CORRECTION REQUESTED

**KBC OFFICERS** 

2002/02

Phil & Jini Caruso 313 Horseshoe Court Plainwell, MI 49080

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President: Karen Sue Ouellette 327-5846 email:Ironmom98@aol.com	KALAMAZOO AREA BIKE SHOPS
Vice President: Greg Bouwman	Alfred E. Bike
	Billy's Bike Shop
	Breakaway Bicycles
	Milwood Schwinn349-6384
OTHER IMPORTANT FOLKS	Parchment Bicycle343-8118
Database Manager: Jinny Ahrens	Portage Schwinn 327-3393
Newsletter Distribution: Gerry Blohm	Team Active Schwinn 962-7688
	Village Cyclery
	Vorncamp Bike 344-3599
KBC Info and Ride Line:343-2288	Freedom Recreation
Dues (Check One)         () Adult Membership       \$15.00         () Family       \$17.00         () Senior (60+)       \$13.00	Family Member Names Birthdates
() Youth (17 or younger)\$13.00	
Diogra Drint	
Please Print Name	Signature
Name	Signature Parent's Signature (if under 18)
Name	

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