

# Pedal Press

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

www.angelfire.com/mi/kbc

## President's Letter

Happy Summer to all! I have lots of exciting stuff to share with you this issue. First, my Ironman California experience. The event took place on May 21 at Camp Pendleton, California. It was the perfect day for racing. Very cool and partial sunshine. The water was a tad chilly at 65 degrees, but with a full wetsuit one can stay toasty warm. The mass swim started at 7:00 AM with almost 2000 swimmers making their way around the 2.4 mile swim course. Arms and legs were flying everywhere. It was a beautiful sight.

After a most enjoyable swim, I exited the water and got on my bike anxiously awaiting the next 112 miles of the race. It was a very scenic course which most of it stayed right on the Marine Corps property. We did venture out into the mountainous terrain which proved to be a very technical part of the course. Listen to this ladies...I actually saw guys getting off their bikes and walking up the hills next to their bikes. After witnessing this from below, I vowed that I would not do that! It took everything I had, but I stayed in the saddle. I played little games with myself that I had used in my spin classes to get up those grueling hills. It felt really great when I reached the top and could begin my downward journey.

And for some reason, I feel I must share what I saw next on the second downhill segment of the course. Midway down this steep terrain, we were being told to slow down because there had been an accident. Of course I did, due to the fact that one could get up to 50 plus mph and I did not want to have to stop at that rate of speed if I had to, so I lowered my speed and within a few minutes I had seen the emergency vehicles ahead.

My heart quit beating briefly as I pulled along side a covered bicycle and a dead body. This is why you must respect the road you chose to ride on. It looked like a racer had lost control going around a hair pin turn at top speeds. After saying a prayer for the family and friends of this person, I resumed my ride with a saddened heart and many thoughts.

I was so happy to get off my bike and start my marathon. I ran the whole 26.2 miles and had never felt so strong on a run in any Ironman. It was a good day indeed. *(continued on page 2)*

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## KBC's Wish List

**Volunteers** to work a shift at Flowerfest on Sunday, July 22—Call David Newman at 375-8105.

## Flowerfest Is July 22

KBC's annual fundraiser and all-around good time, Flowerfest, is Sunday, July 22 at KVCC, which is at the corner of 8th St and O Ave. Two Saturn pro riders will be there, along with free post-ride massage, great food, great roads, and routes for all skill levels from children to professionals. Most riders leave between 7:30 and 9:30.

**This is the best ride in Kalamazoo County all year. Don't miss it!!**

## Next KBC Meeting July 10

The next regular monthly KBC meeting will be held the second Tuesday of the month, just like always, at 7:00 pm at the Jaqua Realty Building located at 414 W. Milhan, about two blocks west of Westnedge Ave. in Portage. **EVERYONE** is welcome to attend.

## Go Ride Your Bike



## Can Lance Do It Again?

About the time you receive this *PedalPress*, The Tour de France begins (July 6th) and your faithful Editor will be glued to the TV each night at 9:00 watching Outdoor Live Network's (OLN) DAILY ninety minutes of coverage. (OLN is part of the new cable package in Kalamazoo, and also is available on Direct TV.)

OLN should have the same three announcers as for the Giro, Phil Liggett, Bob Roll and Paul Sherwin. These guys work very well together, and their Giro coverage was superb. Overall, the coverage is vastly superior to the ESPN broadcasts of the last few years. Although Liggett and Sherwin did the ESPN coverage, Bob Roll adds a great deal, having personal experience. And obviously, three times the amount of air time makes a huge difference.

There are also SEVERAL HOURS OF DAILY LIVE COVERAGE on OLN, which is while I'm at work, but every night they have 90 minutes of coverage of the day's stage, starting at 9:00. It's great.

Generally, they show all of the last 25 - 40 miles of each day's stage. You can learn lots watching and listening. It's amazing how smooth these guys are. And take a good look at their position on the bike. Ever wonder just how strong these guys are? Bob Roll said that when Marco Pantani won the climb up L'Alp d'Huez last summer, he did the climb in a 53 x 17 gear (big chainring, middle cog). Imagine climbing 6th St. hill—but 15 or 20 times longer—with twenty-one extra steep 180 degree hairpin turns, in the middle of a three week, 2400 mile race, in a gear like that.

I strongly recommend watching these DAILY shows. If you're pressed for time, watch the last half-hour, which will include the end of the stage. OLN also devotes Thursday nights to bike racing. Even when these big races aren't going on, they show other racing (big mountain bike races like the Sea Otter and the European Spring Classics) between 8:00 and 11:00 pm every Thursday.

- Doug Kirk

## President's Letter *(Continued from page 1)*

Although my finishing time was not my best, it was well earned. I came in at 14 hours and 39 minutes. 21 minutes faster than my goal of 15 hours. I took first place in my division and have a beautiful trophy to show for my efforts. Thanks to everyone for their support and prayers.

I had the pleasure of going to Grand Rapids on June 13th with Marsha Sikkema from the Kalamazoo Post Office. We are working with Marsha in finding a location for a flag raising ceremony in our area to help kick off the Tour De France. I was involved with a short video making for the GR cable TV for public awareness. Stay tuned for more info.

Well, I had better close for now. My deadline is fast approaching. But before I go, I want to personally thank Doug Kirk for taking the time to teach me paceline skills at our last Monday night ride. All I have to do is practice, right Doug?

- Karen Sue Ouellette

## July Birthdays

Linda Adamcz  
Marian Barnes  
Shawn Busby  
Dave DeBack  
Harold Gleaves  
Sherry Gordon  
Veronica Hapman  
Scott Hite  
John Howsen  
Devan Loga  
James McNett  
Jeffrey Mehring  
Kristen Miller  
Austin Rewalt  
Nancy Summers  
David Watt  
Paul Wells  
Michelle Wells

## New Members

Bob Burke  
Deborah Gray  
Tom Nehil  
Gail Walter

## Classified Ad

**Trek 930 Mountain Bike** with Rock Shock Jett fork. Frame size 15", will fit someone in the 5'4" range. SunTour components, Matrix wheels, good condition. A real creampuff. Asking \$130.

Call John Thome @ 353-5812

## Expiring Memberships

*(The Editor is given to understand that sometimes people's names appear in this list even though they recently paid their dues. This problem is due to the time gap created between the mail being picked up at the Post Office, then delivered to the Database Manager, then entered into the computer. Just to add even more delay, the information is sent to the Editor on the 15th each month, and two more weeks pass before the PedalPress is written, printed, folded, labeled, and mailed. We apologize to those folks who pay up only to find themselves listed here.)*

Lori Allen  
Kathy Appledorn  
Cathryn Bastien  
Gerald Blohm  
Cathy Doan  
Patricia Frye  
Cindy Gippert  
Austin Gippert  
Rick Gippert  
David Hapman  
Veronica Hapman  
Cynthia Hapman  
Alec Hapman  
Mike Jones  
Sheri Jones  
Tom Keizer  
Celine Keizer  
Larry Kissinger  
Marcia LaFleur  
James McNett  
Jeffrey Mehrling  
Terry O'Connor  
Janice Selby  
Ann Thomas  
Sam Watt  
Bill Watt  
Kathleen Wiedmayer  
Ken Wolf  
Ron Wrege  
James Wyrick

## KBC June Meeting Minutes

Present: Zolton Cohen, Karen Sue Ouellette, Randy Putt, Tom Keizer, Greg Bouwman, Steve Secondi, Rick Whaley, Laurie Anderson, Victor Van Fleet, Dave Newman, Marsha Sikkema, Paul Stevens, Denny Morrison, Beth Davis.

Tonight's meeting started with a presentation of a new bicycle to a young boy. Laurie Anderson, KBC member and teacher in the Comstock School system, had contacted KBC earlier in the year asking about the possibility of KBC's obtaining a bike for a member of her student class.

Denny Morrison, KBC member, heard of the request and generously donated the money for the bike purchase. The young man, Michael, was both pleased and somewhat intimidated by the gift, but got up on the saddle for some photographs and left shortly thereafter with the bike, his parents, and a big smile on his face.

Marsha Sikkema, Customer Relations Coordinator with the United States Post Office in Kalamazoo, showed a short videotape clip about Lance Armstrong and then gave a presentation concerning the USPS cycling team and nationwide flag raising ceremonies to kick off the 2001 Tour de France. USPS will perform two of these flag raisings in Kalamazoo on July 2nd, one at the Borgess Fitness Center and the other before the start of the regular Monday night KBC club ride at Texas Drive Park, at 6:00 PM.

A flag signed by all the USPS members will be given away in a drawing at this time. KBC members are urged to attend and to wear KBC jerseys for this flag raising. Marsha will contact members of the media to publicize the ceremony. Karen Sue will get mailing labels from Jinny Ahrens so USPS can send out announcements of the event to KBC members. USPS will pay postage for the mailing.

Paul Stevens submitted a KBC Treasurer's report, indicating that the club is running a deficit at this point for the year. However, he pointed out that this is normal until funds from the Flowerfest Bicycle Tour begin to cover expenditures. He reiterated the need for KBC to start recruiting a new treasurer before the November elections.

Tom Keizer, Rick Whaley, and Dave Newman, from the Flowerfest committee, reported that everything is running well in the planning for the Tour, and that Saturn is sending two professional racers to participate in the ride this year; Kimberly Davidge, a Canadian, and Harm Jansen from the Netherlands.

Randy Putt announced that August 18th has been selected as the date for the KBC sponsored Ride Around the County Tour. There was discussion about the possibility of combining a new KBC picnic and the established Ride to South Haven on July 7th, but time is growing short to successfully plan such a venture for this year.

-Respectfully submitted, Zolton B. Cohen, KBC Secretary

## June Race Results

Beginning with this issue, *PedalPress* will publish results of KBC members in area (or regional or national) races. Cheryl Olson and Chris Barnes will be supplying information they obtain to your Editor, who will try to get the information straight. This will be a bit challenging since our membership is always changing, but we'll do our best. PLEASE notify the Editor of mistakes or omissions. We'll try to list upcoming races too. PLEASE, PLEASE help Cheryl and Chris out and notify them of any results you know of. Call Chris Barnes at 327-8972 or email [barnesm@net-link.net](mailto:barnesm@net-link.net). Or contact Cheryl at 616-664-6912 or [caolson@resourceocean.com](mailto:caolson@resourceocean.com). In particular, *PedalPress* congratulates Pete Skellenger and Andrew Weir for their WIN at the 24 hour event. Well Done!!

### Mountain Bike Race Results

#### Hansen Hills X-C Race

Name	Class	Placement
Richard Neumann	Expert 30-34	6th
Andrew Weir	Expert 25-29	2nd
Cheryl Olson	Expert Women	3rd
Mark Olson	Elite Men	8th

#### Boyne 24-Hour Team Event

Cheryl Olson	4 Person mixed team	2nd
Mark Olson		
Tom Cross		
Richard Neumann		
Andrew Weir	2 Person male	1st

### Other June Racing Results

**June 10—Muskegon Road Race.** Tom Cross and Greg Bouwman crashed out on the first lap, but Tom remounted and rode the rest of the event anyway. Andrew Weir got in a tangle 1 mile from the end and took a bath in a ditch. Too bad since he and Chris Barnes spent the day covering attacks at the front of the race. Chris and Greg Lawford sprinted at the finish, avoided the carnage, with Gerg taking 7th and Chris right behind him.

**June 16—24-Hour Challenge.** Greg Bouwman and Tom Cross proved they recovered quickly from the previous weekend and rode very well, along with Greg Lawford, and several other Kalamazoo area riders. See related story on pages 7 - 8.

**Single Speed.** Richard Neumann and Pete Skellenger have been dominating the Michigan mountain bike circuit this season in the single speed division (really just BMX bikes for big kids. *Richard & Pete—Chris wrote this, not me. -Ed*) These guys are taking first and second place in practically event so far. Looks like a real duel is brewing for the Iceman Cometh in November.

**BMX.** Stephen Barnes has been tearing up the BMX track in Wayland each week. So far Stephen has amassed two 1st places, two 2nd places, and a 4th place.

### Local Mountain Bike Events In July

Date	Event/Promoter
1	Bloomer Park Cross Country <a href="http://www.tailwind.net">www.tailwind.net</a>
8-9	Pando Challenge XC & Downhill <a href="http://www.funpromotions.com">www.funpromotions.com</a>
15	Ruby Campground <a href="http://www.tailwind.net">www.tailwind.net</a>
21	Stoney Creek Time Trial <a href="http://www.tailwind.net">www.tailwind.net</a>
21-22	Boyne Challenge XC & Downhill <a href="http://www.funpromotions.com">www.funpromotions.com</a>

### KBC & Member Denny Morrison Donate Bike

KBC recently received word of a young man who needed a bike in the worst way. KBC member Denny Morrison simply took control of the situation and bought the young man a bike, which was presented at the June KBC Meeting. What follows was received from the boy's teacher.

Thank you again for helping to get a bike for Michael. What you did was wonderful and it meant so much to so many people. We all can not thank Denny & KBC enough. Michael was very surprised. He just couldn't figure out what was going on at the meeting. He was pretty shy around everyone too. When we were outside putting the bike in their car he suddenly came over to me and gave me the biggest hug. I know it meant so much to him to have a new bike.

- Doug Kirk

## July Ride Calendar

### ALL WEEKDAY RIDES START AT 6:15 PM

**IN JULY** The Monday Ride at Texas Drive Park consists of five ride groups which should provide a pace to suit riders of all abilities:

- 15-20 mile group at 10-12 mph to Schoolcraft for ice cream; need leaders,
- 15-20 mile group at 12-15 mph to Schoolcraft for ice cream, led by Mike and Sherri Higgins,
- the 25 mile group at 15-16 mph lead by Beth Davis, Ed Wilson, and Cliff Muller,
- 25-30 mile group at 16-18 mph led by Terry O'Connor and Fred James,
- 25-30 mile group at 19-20 mph led by Randy Putt, Rick Whaley, Greg Bouwman, Tom Cross, and Larry Kissinger,
- 25-30 mile group at 20+ mph no leader.
- **the Paceline Skills Ride at 15-20 mph (25-30 miles) led by Doug Kirk.** This is KBC's newest ride, also known as the DRAGS (Decent Riders Attempting to Go Slow.) This ride is to learn/practice proper paceline bike handling and drafting technique at a recovery ride pace. Rider response has been very positive so far.

The turnout on Mondays and Wednesdays has been tremendous. Several riders from each group are typically present with as many as 50 riders all together. I've been told that there is a die hard group who even rides when it is raining. The 10-15 miles groups will generally ride the same route and are recommended for new riders. More experienced riders may like the 16-18 mph groups. The faster groups ride the same route. We always need additional ride leaders for all the ride groups. The ride leaders make every attempt at keeping each group together although the 20+ mph groups may fragment.

The Tuesday Ride starts at Breakaway Bicycles on Romance Road 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. We offer 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,
- 25-35 mile group at 20+ mph led by Zolton Cohen.

The Wednesday night Hammerfest starts at Kal-Haven Trail Parking lot at 6 PM. The pace of the ride is typically greater than 20+ mph. The route goes to Bloomingdale and back (46 miles). Since the route is well known to most of the regular riders, no maps are available for this ride. This

by Ride Captain Randy Putt

group is typically large (more than 15 riders) and consists of racers and other experienced riders. There is no designated ride leader. The group often fragments into smaller groups so the riders often do not finish together. This ride is hard and is not suitable for inexperienced riders. Some riders can be expected to be dropped from the main group.

Try out the fitness ride at 10-15 mph on the Kal-Haven Trail. There is no ride leader yet. Come on out anyway and start the group on the trail. This ride needs ride leaders to make it a go. We need additional ride leaders to substitute for the regular riders from time to time for the other 2 rides also.

**The new, co-ed Thursday Ride** will be more laid back than most KBC rides, more social and relaxed. The ride will be about 20 miles, at 15 - 16 mph. Members are encouraged to bring spouses or significant others to ride at this pace. The ride still leaves Texas Drive Park at 6:15 pm. Kathy Barrett needs alternate ride leaders, so please contact her if you can help.

The Friday Tour de Gull meets at Billy's Bike Shop in Galesburg for a ride around Gull Lake (27 miles). We have three ride groups this year.

- 15-16 mph group led by Beth Davis, Ed Wilson, and Cliff Muller
- 17-19 mph group (need ride leaders)
- 20+ mph group led by Randy Putt, Rick Whaley, with a host of others filling in as needed. All groups follow the same route. The route for this ride is well established so the ride leader job is easy. Give it a try. If you are interested, please contact me.

Meet at the KVCC parking lot on Saturdays at 9 AM and 12 PM, and Sundays at 9 AM and 12 PM for 30-60 mile rides. There are no designated ride leaders. The riders who show up will determine the route, distance, and pace.

**Join Larry Kissinger for the Ride to South Haven for lunch and some beach time before the return trip to Kalamazoo on Saturday, July 7 at 8 AM starting at KVCC.** The pace will be about an 18-19 mph average. Riders will spend at least 1.5 hours in South Haven. If you do not feel like riding 100 miles, ride to South Haven for lunch or meet the group for lunch ride back to KVCC. This is one of best rides of the year.

# July

Don't miss **Flowerfest** Sunday, July 22 at KVCC.  
Start riding any time between 7:00 am and noon. 62 and 100 mile riders should start no later than 9:00.

2001

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>1</b> KVCC-9:00 AND noon  Riders present decide pace and distance.	<b>2</b> Recovery Ride Texas Drive Park  6:15 10-15 mph 6:15 16-18 mph 6:15 20+ mph Paceline Practice 6:00 Flag Rais- ing For Lance	<b>3</b> Breakaway Ride Breakaway Bicycles  6:15 17-19mph	<b>4</b> Wed Night Ride Kal-Haven Trail- head  6:15 10-15 mph 6:15 16-18 mph 6:00 Hammer- heads	<b>5</b> Co-ed Ride Texas Drive Park  6:15 pm 20 miles at 15 - 16 mph	<b>6</b> Tour de Gull Lake Billy's Bike Shop  6:15 15-16 mph 6:15 17-19 mph 6:15 18-21 mph	<b>7</b> KVCC 8:00 am  Annual Ride to South Haven. See page 7.
<b>8</b> KVCC  9:00 am AND ALSO NOON  Riders present determine pace and distance	<b>9</b> Recovery Ride Texas Drive Park  6:15 10-12 mph 6:15 10-15 mph 6:15 16-18 mph 6:15 20+ mph Paceline Practice	<b>10</b> Breakaway Ride Breakaway Bicycles  6:15 17-19 mph	<b>11</b> Wed Night Ride Kal-Haven Trail- head  6:15 10-15 mph 6:15 16-18 mph 6:00 Hammer- heads	<b>12</b> Co-ed Ride Texas Drive Park  6:15 pm 20 miles at 15 - 16 mph	<b>13</b> Tour de Gull Lake Billy's Bike Shop  6:15 15-16 mph 6:15 17-19 mph 6:15 18-21 mph	<b>14</b> KVCC  9:00 am AND ALSO NOON Riders present determine pace and distance.
<b>15</b> KVCC  9:00 am AND ALSO NOON Riders present decide pace and distance.	<b>16</b> Recovery Ride Texas Drive Park  6:15 10-12 mph 6:15 10-15 mph 6:15 16-18 mph 6:15 20+mph Paceline Practice	<b>17</b> Breakaway Ride Breakaway Bicycles  6:15 17-19 mph	<b>18</b> Wed Night Ride Kal-Haven Trail- head  6:15 10-15 mph 6:15 16-18 mph 6:00 Hammer- heads	<b>19</b> Co-ed Ride Texas Drive Park  6:15 pm 20 miles at 15 - 16 mph	<b>20</b> Tour de Gull Lake Billy's Bike Shop  6:15 15-16 mph 6:15 17-19 mph 6:15 18-21 mph	<b>16</b> KVCC  9:00 am AND ALSO NOON Riders present determine pace and distance.
<b>22</b> <b>Flowerfest</b> <b>Flowerfest</b> <b>Flowerfest</b> <b>Flowerfest</b> <b>at KVCC</b>	<b>23</b> Recovery Ride Texas Drive Park  6:15 10-12 mph 6:15 10-15 mph 6:15 16-18 mph 6:15 20+ mph Paceline Practice	<b>24</b> Breakaway Ride Breakaway Bicycles  6:15 17-19 mph	<b>25</b> Wed Night Ride Kal-Haven Trail- head  6:15 10-15 mph 6:15 16-18 mph 6:00 Hammer- heads	<b>26</b> Co-ed Ride Texas Drive Park  6:15 pm 20 miles at 15 - 16 mph	<b>27</b> Tour de Gull Lake Billy's Bike Shop  6:15 15-16 mph 6:15 17-19 mph 6:15 18-21 mph	<b>28</b> KVCC  9:00 am AND ALSO NOON Riders present determine pace and distance.
<b>29</b> KVCC  9:00 am AND ALSO NOON Riders present decide pace and distance.	<b>30</b> Recovery Ride Texas Drive Park  6:15 10-12 mph 6:15 10-15 mph 6:15 16-18 mph 6:15 20+ mph Paceline Practice	<b>31</b> Breakaway Ride Breakaway Bicycles  6:15 17-19 mph	<b>1</b> Wed Night Ride Kal-Haven Trail- head  6:15 10-15 mph 6:15 16-18 mph 6:00 Hammer- heads	<b>2</b> Co-ed Ride Texas Drive Park  6:15 pm 20 miles at 15 - 16 mph	<b>3</b> Tour de Gull Lake Billy's Bike Shop  6:15 15-16 mph 6:15 17-19 mph 6:15 18-21 mph	<b>4</b> KVCC  9:00 am AND also noon Riders present determine pace and distance.

## National 24-Hour Challenge

*The 24-Hour Challenge, which starts at 8:00 am the Saturday before Father's Day each year, and is sponsored by the Rapid Wheelmen, is becoming one of the nation's premier endurance road-riding events. About 500 riders competed this year, including six from KBC.*

*We congratulate these KBC members on their fine rides/mileages: Dave DeBack—358; Greg Bouwman—301; Tom Cross—250; Richard Wolf—238; Rick Whaley—227; Pete Skellenger—200.*

*Tom Cross and Greg Bouwman were kind enough to send along some post-race thoughts, and both are definitely worth reading. We'll start with Tom's stream-of-consciousness narrative. -Ed.*

Mistake number one not going home to sleep after setting up camp. I slept maybe 4 hours total at Middleville High School, where the event was held, between the snoring from the tents around me, the stupid street lamp that came on every 7 minutes then went out, and the dogs barking. The nice part everything was set up and I didn't need to do anything except eat, drink and ride for the next 24 hours. A pretty liberating thought.

When it got close to time, I hit the Chiropractor, got whacked on and jumped in line by legend Dave DeBack. I knew this was a good place to be when up rolled Crazy Al Muldoon. The horn blows and we head out. Less than 5 minutes later Al says if this pace doesn't pick up there will be no record set. I look at my computer and it isn't working.

I make the first check point not knowing what to expect. Total madness as 80 riders try to funnel into 4 lanes and bust back out. I guess I thought we would stop, eat and get water. I am naive. I haven't thought about this at all. These people have the fabled crew. They have friends meeting them on the course with food and water. This will be critical later. A bunch of us chase back to get on the main group. 25 miles down. I start to think. I will be out of water before the 75 mile checkpoint. What can I do to get more water? I will need to stop at mile 75 and lose the group. So far we have been moving along. Some of these guys are amazing.

We make checkpoint 2 and the staffer is flustered. He skips Dave and I; we sit helpless unable to go. I tell the guy to take a breath and punch 402 and 95 (Dave and Tom's) numbers. He does and we chase. Actually Dave chases and I sit on his wheel. We catch the group. Richard and Greg are still on.

The 75 mile checkpoint looms and I have backed off the water a little to conserve. I want to make 95 before I have to stop. We roll and I am OK. Richard gives me a little water. We hit 95 and Greg says he will ride through. Richard and I need to stop. I pass the line quickly see the water container, fill a bottle grab an orange and banana and I am gone. I can catch the group but I don't see Richard. He is behind me. We see Greg and he is sitting up eating. Hey we gotta chase. We take off and Greg doesn't seem too interested. A guy goes by and just drops us like a stone. I say to Richard do you want to chase or wait for Greg. He says sit up and we do.

We ride along but Bouwman doesn't seem to be climbing well. We sit and wait a few times. Eventually we catch a guy who broke a spoke and dropped off. He is a horse and does lots of work. Richard is working hard too. I take a few pulls. Greg is gone. We talk about waiting but I need water and Richard has designs on a bathroom. I didn't mention that the water I stopped for at the last checkpoint was so soapy it was undrinkable.

Finally we are in. 125 miles down. My longest ride ever both time and distance. I eat, shower and get a massage. Pete comes in. We go back out to ride the day loop. 22 miles of headwind and hills. My first lap I am not feeling well. My stomach is not good. Plus we are going hard. I am annoyed with Richard because although he is taking long strong pulls, every one feels like an attack. He tells me he pulls until he thinks he might cramp then pulls off. I don't care for the day loop. We do 2 more. We have 192 miles for the day loops.

We ride one 6-mile night loop during the day to see what it is like. Mostly flat or gradual climb with 2 steeper but short climbs with a long downhill in between. I like it.

With 198 miles I am surprised I don't feel bad. My feet hurt earlier but now they are numb so they're OK. My Taint hurts but so does everybody's. (*We think 'Taint' is a euphemism for 'crotch' and associated anatomical features. -Ed.*) I am already talking to people who have quit.

(Continued on Page 8)

## 24-Hour Challenge *(continued from page 7)*

I eat and hang out. I would like to try to get a little sleep but am unable to. I set up my aero bar and light. My aero bar is too low. I need to flip the stem. I take it off instead. I go out. I try to draft. The guy immediately pulls to the side. He tells me my light is too bright and the shadows are messing him up. I pass him and ride on. I try to draft again. Same thing. All of my night laps will be without drafting. I have fixed my computer and I am riding really well. Anywhere from 20-25 on the flats and 30+ on the downhill. Nobody is even hanging onto my wheel.

I like riding alone out here. I like the kids who yell "blue light special" every time I pass. I like passing everybody and watching them check out my mighty light like people who think they are about to be abducted by a UFO. About 1 AM I see a sign that says Elvis Karate. Hey that's me!

Justin from Portage Schwinn has stopped. I need to do one more lap. I tell him I will see him in 18 minutes. I come back and we sit in the tent and talk. I tell him I feel great and I do. My knee is starting to hurt. I decide I only need a couple more laps for 250 miles then I am done. I ride with a little higher cadence but I still feel the twinge. I am a little bummed because I feel unbelievably good considering. I am still having fun and like being on the bike, but I promised myself I would not jeopardize the rest of my season. I figure I have ridden between 12 and 13 hours. Its about 2 a.m., time to stop.

I see Michelle. Her job as crew for Dave DeBack has got to be boring. But she can't sleep or break her vigil. Every 20 minutes or so he will be around. She has already had a long day. Dave is at about 325 miles. He may make 400 miles.

Pete Skellenger is an enigma. I expected him to clobber us all. He has quit riding after 200 miles. Said he wasn't into it. He said this was harder than the 24 mountain bike race. I say he is nuts.

Richard is sleeping and has been for a while. Bouwman has hypothermia and is wearing every piece of clothing he has and is in his sleeping bag. He tells me he has 8 laps left for 300. I don't think he will make it the way he sounds. I see Chad and he is just lit. He is having fun and riding really hard. He will make 300 easy. Earlier we saw Doug and Kathy. They say Crazy Al packed it in. I can't believe I will have more miles than Al.

I go to bed about 3. Later I think I hear Bouwman around. Sure enough he has gone out for 8 more. 301. Way to go.

Chad has also hit 301. Richard however is only 2 laps from 250 and says he doesn't care. I say are you sure you want me to have more miles than you? He says he doesn't care and I know he is hurting then. He rode really strong all day. Plus if he would have gone out I would have gone out just to stay ahead of him. HA HA! Anyway great event. Very well run and worth the time money and effort. And thanks to everybody I rode with. It was memorable.

**Greg Bouwman** writes: Next year I will make some changes, but all in all I think I handled everything as planned. Ideally I'd like to take fewer (or shorter) breaks. I was only on the bike for 16 hrs out of 24. I think I handled the caloric intake pretty well. I had food with me that I could stomach and that would sustain my efforts (especially that McDonald's double cheeseburger).

If I could avoid saddle sores and numbness I would have felt a lot better about things. I've determined that a crew is a must (how else are we going to get McDonald's). I don't know where I'll be able to scrape up a crew next year. Maybe I'll have to call a temporary employment agency...or I can bust my brother-in-law's arm so he can't ride and then he'll have to crew for us again.

It was a blast. Taking laps with all of you was fun and we all rocked. I don't know about you all but I learned a lot about my physical limits. Primarily no matter how bad I felt if I got back on and pedaled I would actually feel pretty darn good...even after 295 miles. I think my last 6 mile lap was the fastest since my 1st one when we all went hard. What a rush hitting that downhill on my last lap as the sun was coming up. Of course now that I've established this set of limits I'll have to push harder next year and establish a whole new set!

Dave DeBack told me a story that really puts this entire experience in a nutshell. Dave finished around 5:30 and went inside to wash up. Dave washed his face and as he looked up in the mirror he could see the door had opened to reveal a gentleman on the toilet. After a alarming glance Dave realized that this guy had gone into the stall dressed in his full riding gear (helmet, jersey, shorts, the whole routine), sat down and not latched the stall door, thereby allowing the door to swing open. So as Dave looked up from his face washing there sat this guy on the toilet with his riding shorts down and all his gear on...out cold. This guy passed out on toilet!

That really sums up how many of us felt at least sometime during the event. Dave wished he had a camera, it would make a great commemorative t-shirt.

## The Hammerhead Diary, Part 2

by Axel Kleat

*Last month, Axel began a description of a Wednesday night ride to Bloomingdale and back with the infamous Hammerheads. -Ed.*

On a good night, as the Hammerheads slowly roll back up to speed, the odds are decent that an actual paceline will develop at the front. A really fast paceline. Too fast for some folks. So, along with the true Hammerheads at the front are two sorts of cyclists hanging on the back. The polite term for this sort of riding is "sitting in," though from time to time you'll hear somewhat more derisive descriptions shouted back from the workhorses at the front.

The first group is lazy Hammerheads who might not be feeling all their oats or are saving their energy for something else. Then there are the pretenders—riders hanging on for dear life who have learned the hard way that more than one pull at the front at this pace and they're history.

After a few miles of this, and shortly before a lake, the guys at the front accelerate, just for fun, I suppose. A few folks already near their limit blow right out the back of the pack every time. Two more short, steep hills in rapid succession usually spit out a few more. Stay in touch through these and a couple more miles of false flat, and there's a nice downhill to a stop sign, complete with a sprint. And, thank God, another short break in the action.

The next five miles, rolling gently west, are the heart of the ride. The pace stays high and steady thanks to a pretty well organized rotation at the front. There's a wide open sprint at the end, and another one 2 miles later after the left turn into Bloomingdale. Congratulations, you're half way, and the group sits up for a bit. This is by far the best chance you'll get to eat a few bites. Hurry up though, they'll be picking up the pace soon enough, and only seven or eight mostly flat miles till the hard part.

There's only 5 hills, really, and the first one isn't steep at all, maybe a third of a mile, just enough to get you thinking about the small chainring. The double paceline disappears and the pack strings out but stays together. Then a quick swoop down and around a blind corner and hit the next hill at maybe 30 mph. The momentum carries you, but not far. The group

splinters every time. It's steep, and gets steeper as you go, but it's over after a minute, and the far side yields 35 mph as a very disorganized pack flies past the pond at the base of hill number three.

Again the momentum helps—especially the heavy guys, who zoom past the light guys in the first quarter of the climb. But Number Three's the steepest yet, with a nasty lip the last two hundred yards. Light, good climbers charge past, strong but heavier riders drift back. It's just about a minute of anaerobic pandemonium. Elbows and asses flail as riders stand and heave their bikes to and fro beneath their efforts. The all-out effort is rewarded with a screaming, panting, 40+ mph downhill and, a mile later, the fastest sprint of the night.

Number Four starts right after the sprint, a false flat that gradually becomes a hill over the course of a mile and a half. Never all that steep, but only the strongest of the strong aren't totally gassed already. Then, to add insult to injury, 30 mph is the rule of thumb over the next four, flat miles, except for the sprint and stop sign in the middle.

No question Number Five is by far the biggest and longest climb of the night. It's at least five times as long and nearly as steep as any of the others. When you've spent the last 100 minutes bouncing in and out of your anaerobic threshold, it's a brute, pure and simple. On my best day, I might hang on the back half way up before all bodily systems revolt pretty much simultaneously and I'm forced to switch into "limp in" mode.

If you make it to the base of Number Five with the front group, you ought to be racing. If you're at the front at the top a few minutes later, you should be winning races. Personally, I just wanna to go home, eat, and fall into bed, exhausted and happy.

Why do I love a ride that beats me up this way? It's the hardest thing I do nearly every week, yet I genuinely look forward to it. "That which doesn't kill me makes me stronger," I suppose. Not original, but true. And the training this ride offers has made me not just a stronger rider, but a more intelligent rider. A rider who knows better how to use his head as well as his legs. Besides, hanging with that fast pack, taking an occasional pull, is just plain more fun than any regular ride around, and about as much fun as you can have in public.



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2002/02

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 ( ) Youth (17 or younger).....\$13.00

### Please Print

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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 ( )



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