

KBC PedalPress

www.angelfire.com/mi/kbc/

The Newsletter of the Kalamazoo Bicycle Club

October 2002

President's Letter:

(Editor's note: I would like to apologize to Karen Sue for not printing this President's letter in a timelier manner. She had sent it to me, within the 15th of the month deadline, via e-mail for last month's newsletter. But, because I didn't scroll down in her message sufficiently, I didn't see it and thus didn't print it. So here it is, a month late, and it's my fault, not hers...)

Here we are again. Sitting at the computer trying to put together a little bit of information into a president's letter. This is something that I don't do very well, and I apologize if it shows.

I had just finished an article for this month's newsletter on Ironman Switzerland and was told by Zolton that it was much too long. One thousand words too long! Oh My! Maybe you can catch it on the web or in the triathlon club newsletter soon.

I just want to say first of all, congratulations to my husband Steve, who on July 21 competed in his first Ironman distance triathlon in Zurich, Switzerland. He finished his race in 15 hours and 47 minutes. He had the same time as I did! I was honored to cross the finish line holding my husband's hand and smiling proudly. What a race, what a story. Stayed tuned for more racing info in the future.

Well, while I was away in Switzerland playing, KBC had a great event happening at the same time and I heard nothing but how hot it was during Flowerfest! Was it really in the 90's? I am glad everyone was taking in extra fluids. Seriously, I heard nothing but great things about this year's Flowerfest. Thanks to the great organizers and to those who rode the courses. All I could think about were those sub sandwiches I was missing! Yum! Thanks again Flowerfest Committee for everything. You're the best and I am sorry I could not have been there to watch this great event unfold.

Well, as summer unwinds, I am ready to start riding. I have not had much riding time in this season due to working three jobs, 60 to 80 hours a week. But that is almost behind me and soon I can get back to a somewhat normal routine again. I am waiting to break in my new Litespeed Blade bike. I only have a few hundred miles on it. All from three races! It is a very beautiful bike and I must say it is so comfy.

I hope everyone enjoys the rest of their summer and I hope to see you at a KBC event in the near future.

Blessings to all, Karen Sue :-)

KBC Wish List

Community Resource Coordinator:

With a number of community projects on the yearly agenda (bike giveaway programs, helping out with Portage's Color Tour, etc.), KBC needs a "point person" to coordinate various bike related community projects.

KBC's Community Resource Coordinator would also facilitate programs concerned with child safety, bike helmet giveaways, bike rodeos, and other community events. This would be a good opportunity for someone interested in more episodic volunteer work, as each project could be handled as it came up.

The pay is – well, like all KBC volunteer jobs, there is no pay. But the rewards – again, like all KBC volunteer jobs – are many. If you've got a community bent (and I'm not talking recumbent), why don't you give this position a bit of your time? Contact any KBC board member if you're interested.

Next KBC Meeting – Thursday, October 10th, 7:00 PM, Borgess Fitness Center on Gull Road.

The "regulars" who attend each KBC meeting during the year like to see new faces, hear new ideas, and don't care how fast you ride a bike, or even if you ride at all.

This is a growing, vibrant organization, but it doesn't run itself. We need man and woman hours from you to keep it going.

Why not come out to a meeting sometime and see what it's all about? There are bike club jersey projects, bike giveaways, road safety issues, time trial organization and planning, and other interesting things to get involved in. KBC needs you.

Upcoming Local Biking Events:

Portage Bikeway Color Tour:

The **Portage Bikeway Color Tour** is scheduled for **Sunday, October 13th**, starting at **2 PM**. This is a bike tour geared primarily toward families. The 6 and 11 mile rides take place on Portage's fine Bicentennial Park and Shaver Road Bikeways, and there is also a 20 mile route available.

Breakaway Bicycles will provide sag and repair help, with **Little Ceasar's Pizza** kicking in pizza and soft drinks after the ride. Many KBC members are volunteering their time at registration and for riding "patrol" duty along the routes. If you're interested in helping out, get in touch with Paul Stevens at: stevenspes@cs.com.

Fees for ride participants are five dollars per person or ten dollars per family, with water bottles going to the first 100 registrants. All proceeds benefit the Portage Bikeways.

Fall Challenge Ride:

Steve Cox has put together a challenging ride scheduled for **Sunday, October 20th starting at 9 AM**. Meet at Texas Township Park and ride to Swiss Valley, T.K. Lawless, Purgatory, and Al Capone's house!

This is an unsupported 100+ mile ride with 50+ miles of scenic hilly dirt roads. Mountain or cyclocross bikes are not necessary, but 700X25C or larger tires are recommended for road bikes. **NO WIMPS!** Get in touch with Steve Cox at 372-2169 or Curlystays@aol.com for more information.

And Now For a Little Perspective...

How fast are professional cyclists? A recent *PedalPress* article reported that the fastest rider at KBC's 10 mile time trial was **John Meyers**, who beat all comers by a minute (or more) and averaged 25.88 mph.

The other night I was watching a rerun of last year's Tour de France, and the 18th stage was an individual time trial 61 kilometers (about 40 miles) long. Lance Armstrong won it, of course, and he averaged almost exactly 5 mph faster than John Meyers did.

That's a lot faster, right? If John went 5 mph faster, he'd finish our course in less than 20 minutes! Then, remember that Lance's course wasn't nearly as flat as our course, and Lance's time trial was four times as long.

Just think what it would take **YOU** to go 5 mph faster than your fastest time, and hold it four times as long.

And don't forget that Lance had just ridden about 2000 miles in the preceding 17 days and climbed over a dozen mountain passes, **EACH** of which is more difficult than **ANY** paved ascent in the Rocky Mountains--and a few dozen lesser ones--as he put the hurt on over 150 of the strongest riders in the world.

Doug Kirk

October New Members

Joel Servais

October Birthdays

Rochelle Birmann
Michele Cudahy
Bill Duggan
Jan Fouts
Rick Gippert
Deborah Gray
Jud Henrie
Giti Henrie
Mike Higgins
Marcia Johnson
Tom Keizer
Harry Kraus
Mark Krook
Paul Pancellia
Susan Peterson
Mark Prairie
Blake Showers
Matt Siebert
Scott Hite
Andrea Thannhauser
Jeff Tompkins
Christine Uggeri
Sam Watt
Sandy Wyant

October Expiring Memberships

Gwen Abney-Cunningham
Cathryn Bastien
Fred Einspahr
Chris Elston
Shari LaBrenz Family
John Looman
Thomas Noverr Family
Mark Prairie
Andrew Rosenbaum
Victor Van Fleet
David & Karen Watt
Jim Wilson
Richard Wolf Family



31st Anniversary Ride Review, September 14th

by Dave Newman

Last year, in 2001, the club recognized its own 30th anniversary by creating some hats and holding a special ride and party (**subliminal message: buy a hat, they're only \$15 each**). The ride and the party that went with it were so popular we decided to do it again this year.

This morning at 10, a whole bunch of KBC members met at the Kal-Haven trailhead. There were people I know, people I don't know, and people I don't see very often. Social Director **Emily Mattes** was taking orders for pizza toppings. I handed out a few maps. People prepped their bikes and got ready to have some fun. The fun was of two basic flavors: some folks were there to ride the Kal-Haven Trail; others opted for the road ride up to Otsego and back. Everyone would return to the trailhead at noon for pizza and other good stuff.

The road group rolled out at about 10:10, having given a few folks a few minutes extra to get ready. **Megan Smothergill** and **Zolton Cohen** were at the front right away. I know they were both at the Tour de Gull last night, so they must not have been worked over well enough out there. We turned right out of the parking lot in order to emphasize the fact that this wasn't a Wednesday night ride. In spite of the slow start, the group was a little strung out, so we sat up and became more compact once we were on 9th street going north.

The weather was perfect for a ride, with the temperature in the upper 70s, and there wasn't much wind. We've had good luck in this respect two years running. The traffic was also minimal, and to my knowledge we didn't have any unpleasant encounters with motorized vehicles.

As the only person who really knew the route, I became the de facto ride leader. I'm not very practiced at this. So, apparently, without noticing, I lost some folks early in the ride. **Nicole Newman** had some trouble with her computer. **Jeff and Graham Newman** reportedly waited for her, then flatted, and the three of them decided it was a bad day and returned to the trailhead and went home. I didn't learn this until after the ride was over, so I guess my lesson is to keep better track of the people in the group when I'm leading. Maybe I need a rear-view mirror. The ironic thing is that when we hit Otsego a few miles later, I was thinking how great it was that we hadn't had any flats or mechanicals this year, since last year the early part of the ride included a flat on Owen road that split the group in two.

The main group went north at about 20 or 21 mph. There were three tandems in the group, and about 20 bikes total. We followed the same route that we used last year, including the "nice" hill on Jefferson road in Otsego. Once we started up that grade, **Brad Fry** and **Rick Whaley** quickly opened up a gap and disappeared. The rest of us proceeded at a slower pace. We regrouped at 26th Street, giving everyone slowed by the hill an opportunity to rejoin the main group.

Later, while everyone was enjoying their pizza back at the trailhead, that hill seemed to be a main topic of conversation. I'm glad I was able to put something so memorable on the route.

The hill took something out of us, so the return to the trailhead began at a somewhat slower speed than we had maintained while riding north. But after a bit of recovery the speed picked back up again, particularly when **Terry O'Connor** and **Randy Putt** went to the front. As we approached the trailhead we saw a few other cyclists. The first we encountered on 101st St. He was going west while we were headed east, and he politely informed us we were going the wrong way. Another cyclist gave us a friendly wave from the Kal-Haven trail as we crossed Owen road at Hart. I took a long pull from the county line down 6th St. to Hart and across to 8th. When I started to climb the 8th St. hill I saw the folly of my ways, as nearly everyone in the group passed me. That hill is shorter but steeper than 6th St., and it is a good challenge at the end of a ride.

After the 8th St. hill, the pace quickened as the horses smelled the barn. We got back to the trailhead shortly after noon, and there were pizzas galore awaiting us. It is amazing how satisfying a slice of pizza can be after a ride. The group gorged on pizza, watermelon, and some sweets too. **Tom Noverr** showed up with some great salsa and bemoaned the fact that he had to work earlier in the day, so he hadn't been able to join us for the ride.

It was a good day for a ride and for KBC. I hope to see you there next year!

(editor's note: Thanks to Dave for coming up with some enjoyable ride routes; Emily Mattes for organizing the party; Steve Secondi and Karen Sue Mackaluso for organizing and helping out on the day of the event; all the people who heeded our crying need for brownies; and Tom Noverr for that splendid, fresh garden salsa he made for the party. If a tub of that made it to our Recovery Party in January, I know of at least one KBC biker who would not object!)

Tours Anyone?

Several people contacted KBC this summer regarding riding their bikes at a more leisurely, "touring" type pace. In recent years there have been few weekly club rides that served this faction of the membership well.

New member **Ray Murphy** (MurfoskiR@aol.com, 685-5762) is interested in getting together a touring group for riding at a more deliberate pace, and possibly for some overnight or weekend tours. Interested? Ray would like to hear from you.

Some Thoughts Concerning 2002 Rides

We had another great riding season. The weather this summer was fantastic for riding and there were very few rainouts. Attendance at the rides remains stronger than ever and I think the club has been successful in providing rides for cyclists of all abilities, especially riders on the road. All the weekday rides had a strong following. The Monday, Wednesday, and Friday rides consistently had 30 – 50 riders in attendance. The Tuesday and Thursday groups were smaller and no less enthusiastic. The Monday ride consistently had at least 5 ride groups with ride paces ranging from 12 – 20+mph. The Wednesday and Friday rides attracted the faster crowd (17+mph). Numerous riders rode their bikes to the rides, which is a great way to get in a few more miles. It is exciting to report a number of father-son and husband-wife combinations on both single bike and tandems at all the weekday rides. Cycling is a great family activity.

There were many new riders mixed in with the veterans this year. I know I met many new riders this year. There was a lot of socializing before, during, and after these rides. It is wonderful to hear chatter from the riders in all the groups. It indicates to me that riders are having fun. Let's continue to build on a successful year 2002.

We had four successful special weekend rides including the W Ave Ride in April, the Old Car Festival Ride from Vicksburg in June, a ride to South Haven and back in July, a ride around Kalamazoo County (RACK) in August, and the 31st KBC Anniversary Ride in September. These rides were well attended (10-25 riders on each ride). We plan to continue these rides next year and there is always room for more weekend rides.

The weather has remained beautiful for riding. We are approaching the end of another riding season. The fall colors will be peaking soon and several great-organized rides are available in October. DALMAC and the Wine Harvest Festival Ride are behind us. Both rides entertained a large KBC contingent and the riders were treated to fabulous weather. As I write this calendar, the Apple Cider Century is yet to come on September 29. The Turning Leaves Century in Dowagiac is coming up and is typically nice (Oct 13). This ride is small (~200 riders). Typically a group from KBC meets for this ride. For those who like a challenge check out the Columbus Fall Challenge October 5 and 6. I rode this one with ~400 other riders a few years ago and I can verify that it is a challenging ride. The route each day is 100 miles with numerous hills significantly more challenging than 6th St hill just south Alamo. We don't have hills like that in Kalamazoo County. Also, the Hilly 100 in Bloomington, IN on October 5 and 6 is a great way to end the touring season. The Hilly 100 attracts more 5,000 riders from across the Midwest. All the riders are on the same route. The ride is a lot of fun and you will never be alone on the route. Make sure you bring your climbing legs. I highly recommend all 3 rides.

There are nice days in October, November, and even December, so weekend rides are possible. Plan a ride for a Saturday or Sunday. There are many club members who would be interested in riding. I have a lengthy e-mail list of riders; so let me know a few days in advance and I will be happy to put the word out. If I do not have your e-mail address, send it to me and I will add you to my list.

Call Randy at 649-1814 for more information about any of the rides described above.

Ride Calendar

Riders and especially ride leaders bring your cell phones for emergency use. It is desirable to have at least one cell phone per group. The maps for the Monday, Wednesday, and Friday rides can be found on the KBC website (www.angelfire.com/mi/kbc/). Maps are also available from the ride leaders at the start of each ride.

NOTE: In October all weekday rides will start at 5:30 PM.

The Tuesday and Thursday rides are finished for the year.

The **Monday Ride at Texas Drive Park** will consist of five ride groups in October, and should provide a pace to suit riders of all abilities:

- 15-20 mile group at 10-12 mph, no leader
- 15-20 mile group at 13-15 mph, no leader
- 25-35 mile group at 16-18 mph led by Fred James
- 25-35 mile group at 19-20 mph, led by Terry O'Connor
- 25-30 mile group at 20+ mph, no leader

The ride groups may form into one group depending on the number of riders present.

The 10 - 13 mph group will generally ride the 15-20 mile route to Schoolcraft and back. The 13 - 15 mph group may ride the 15 - 20 route or the 25 - 35 mile route depending on the makeup of the group. These two groups are recommended for new riders. For more experienced riders who are new to the club the 16-18 mph group is

recommended. The 16+mph groups ride the 25-35 mile route. The ride leaders make every attempt at keeping each group together although the 20+ mph group may split up from time to time.

The **Wednesday** ride meets at the Kal-Haven Trail Parking lot. KBC plans to offer two ride groups:

- 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** will start at Kal-Haven Trail Parking lot at 5:30 or 6 PM (I assume they will start at 5:30 PM due to the shortage of light). The pace of the ride is typically greater than 20++ mph and the route goes to Bloomingdale and back (about 46 miles). Since the route is well known to most of the regular riders, no maps are available for this ride. This group is typically large (more than 15 riders) and consists of racers and other experienced riders. There is no designated ride leader. The group typically fragments into smaller groups and the riders often times 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.

The **Friday Tour de Gull** meets at Billy's Bike Shop in Galesburg for a ride around Gull Lake (27 miles). There are now two routes available. The traditional route is a great route with rolling hills and numerous views of Gull Lake. The new alternative route heads south out of Galesburg and rides through Climax on quiet roads. The group generally chooses the route to ride at the ride. We offer three ride groups this year.

- 15-16 mph group (no leaders)
- 17-19 mph group (Fred James leads part time),
- 20+ mph group, led by Randy Putt, Rick Whaley, Doug Kirk and a host of others filling in as needed.

IMPROMPTU WEEKEND RIDES

Meet at the KVCC parking lot on Saturdays and Sundays at 12 PM for 30-80 mile rides. There are no designated ride leaders on Saturday or Sunday. Those riders who show up will determine the route, distance, and pace. Come on out to ride with old friends and meet new friends.

Check out the KBC web page (www.angelfire.com/mi/kbc/), and/or join the KBC-general e-mail group (join via the KBC website) for the ride calendar and for any last minute ride changes.

Turning Leaves Century

On October 13 plan to meet at the ride start in Dowagiac (Southwestern Michigan College) at 8:30 AM to ride. Various length routes are available. I'll send a reminder note ~ one week before the ride.

9-10-02 TNTT Final Ride Off Results – After handicapping

- 1) McCallister, Scott 26:41
- 2) Bowuman, Greg 24:10
- 3) Rutgers, Ron 28:59
- 4) Fast Karl 23:39
- 5) Tom Noverr 26:58
- 6) Doug & Kathy 23:04
- 7) Rick Gippert 26:54
- 8) Dave Newman 27:34
- 9) Putt, Randy 26:55
- 10) Tom Keizer 26:44
- 11) Lawford, Greg 26:23
- 12) Smothergill, Megan 26:58
- 13) Whaley, Rick 27:33
- 14) Clark, Jamie 26:40
- 15) Newman, Jeff 26:54
- 16) Neumann, Richard 26:10
- 17) Meyers, John 23:56
- 18) Richard Wolf 27:01

How do you go about handicapping a Time Trial race? Well, you need formulas, a computer, and someone who understands what is involved. We turned to **Greg Lawford, Dave Newman, Paul Pancella, Michele Intermont, Steve Cox, Jeff Webster**, and an Internet site named "**Analytic Cycling**" for advice. What we wound up with, after taking into account each cyclist's gender, weight, rolling resistance, and watt output; the outside temperature and relative humidity, and land mass of the earth on the day of the time trial (for all I know!), was a mathematical calculation that I don't even have keys on my keyboard to type out. Very complex, very high level. Trust me. Like elephants mating – or so I'm told.

If you're interested in hearing more about analyzing cycling data, write me and I'd be happy to send over the various calculations used to come up with the winners on the left. I hope you like data. And visit www.analyticcycling.com for a gander at the arcane world of figuring out everything about the way a bicycle moves down the road.

Thanks to Steve, Paul, and all the rest who contributed their mathematical wizardry to this impossible task – trying to accurately and fairly handicap a time trial race. And check out Tom Cross's write up of the **TNTT Ride Off** on the KBC-general site. Zolton Cohen

KBC Monthly Meeting minutes:

KBC's regularly scheduled monthly meeting was held at 7 PM on September 12, 2002, at the Borgess Fitness Center on Gull Road. Present were: Dave Newman, Jeff Newman, Victor Van Fleet, Ray Murphy, Emily Mattes, Karen Sue Mackaluso, Terry O'Connor, Steve Secondi, and Zolton Cohen.

Douglas Kirk, KBC Secretary, and **Kathy Kirk**, KBC Database Manager, are riding their bikes to Alabama and so could not be present for this meeting. Notes submitted by Zolton Cohen

KBC Treasurer **Terry O'Connor** gave a brief synopsis of the final Flowerfest Tour fundraiser numbers. The Club realized \$2121.00 as a result of the tour, on income of approximately \$7800.00 and expenses of approximately \$5700.00. There were 380 registered riders at Flowerfest, 228 of whom sent in early registrations, with the rest signing up on the day of the tour. KBC has approximately \$7000.00 in savings at this point, and another \$8000.00 in checking – the most in recent memory. Terry reports that the club is in good financial condition.

Dave Newman reported that the batch of tee shirts ordered for Flowerfest sold out. There was speculation that the interesting and colorful design (created by KBC's own **Amy Lehman**) played a large part in this, as well as the fact that only the volunteer tee shirts were "cluttered" with sponsor logos on the back. There will be a Flowerfest "debriefing" meeting held on October 17th, at Tom Keizer's house. Contact Dave Newman at David.Newman@wmich.edu, 375-8105, or 330-0581, for further information, or to volunteer to help out at next year's Flowerfest.

Ray Murphy brought up the subject of new KBC jerseys, and, pertinent to that subject, Zolton Cohen related that **Joan Orman** had contacted him recently about his relationship with **Jef Mallett**, the creator of the *Frazz* comic strip. Joan had suggested that KBC ask Mallett to come up with a jersey design. Zolton will contact Mr. Mallett to see if he is interested in taking this project on.

A motion was raised and passed to automatically register new and renewing KBC members – members who list their email address on their application - with KBC's groupserve list at KBC-general@yahogroups.com. A fine point to note about this issue is that each person will automatically be registered – but will not automatically start receiving email, notices, or anything else from KBC. To start that process, the member will have to go to the site to sign onto the automatic notification list. **Dave Newman** and **Jeff Newman** recommended setting the procedure up this way to avoid sending email, or what some might consider "spam," to anyone who does not wish to receive it. Zolton will add verbiage and a check box to the back page *PedalPress* application form for those who wish to opt out in or out of the automatic registration.

The KBC members present recognize the need for a community resource coordinator, and directed Zolton to add a request for such a volunteer in the *PedalPress* Wish List box. There is a need, it was expressed, for someone to coordinate and administer volunteer projects between KBC and the community – projects such as **Denny Morrison's** bike give-away program.

Terry O'Connor read a letter from the Center for Developmentally Disabled Adults requesting that in return for CDDA's providing volunteer workers for Flowerfest, they share in some of the funds raised by the tour. There was discussion about this matter, with the final result being that the members did not see how CDDA's request fulfilled KBC's Constitutional mission statement of promoting bicycling in the community. Terry will reply to CDDA with this response.

Karen Sue Mackaluso said that chiropractor **Daryl Prater** may be interested in giving a talk or a seminar on good athletic health practices to the Tri-Club, as well as to KBC.

The October KBC meeting is the point in the year when nominations for KBC board positions are posted. So far, **Doug Kirk** has said that he would like to run again for club Secretary; Terry O'Connor is agreeable to stay on as Treasurer, and **Jeff Newman** has thrown his hat into the ring as Vice President nominee. Karen Sue, citing time constraints due to her job, asked that someone else step up as club President next year, but will stay on if no one else takes the position.

In non-board positions, Zolton volunteered to do the newsletter for another year, **Kathy Kirk** the database managing, and **Emily Mattes** the Social Directing – at least until she goes to college next fall.

Ray Murphy spoke of his desire to get a "touring" arm of the club up and going. He envisions a group riding at slower speeds than many of the regular KBC rides, but perhaps for longer distances - even overnight or weekend tours. Ray intends to build support for a touring group through the Monday night KBC rides. This notion was roundly supported by all present, and we look forward to seeing how this project goes. See page 2 of this newsletter for Ray's contact information. The meeting adjourned at 8:15 PM.

Respectfully submitted, Zolton Cohen

Mountain Bike Racing Update by Cheryl Olson

Check out **Taylor Birmann**!! 10 years old and what great results! Maybe a future Pro to represent Michigan – good job Taylor! The Ore To Shore race (my personal favorite), was a great success for all participating KBC riders. Even **Pete Skellenger**, who went several miles off course, still had great results. This is a 40 mile point- to-point race in the U.P. that is really tough; the toughest course in Michigan in my opinion. 1200 riders participated this year.

West Michigan will finally have a cyclo-cross series. Take a look at the upcoming events below for more information.

Date	Race	Name	Class	Placement
7/14	Boyne XC	Taylor Birmann	Beginner 14 & Under	2 nd
		Mike Birmann	Sport 40 +	2 nd
		Mark Olson	Elite	7 th
		Cheryl Olson	Expert	2 nd
8/4	Big M XC	Mike Birmann	Sport 40 +	5 th
		John Spaulding	Sport 40 +	9 th
		Mike Jones	Elite 30 +	5 th
		Scott Steurer	Expert 35-44	10 th
		Richard Neumann	Singlespeed	2 nd
		Mike Miles	Sport 30-34	2 nd
8/10	TK Lawless TT	Cindy Gippert	Expert	2 nd
		John Meyers	Elite 30+	2 nd
		Richard Gippert	Sport 35-39	6 th
8/11	Ithaca	Taylor Birmann	Beginner 14 & under	1 st
		Mike Birmann	Sport 40 +	2 nd
		Mike Miles	Sport 30-34	1 st
8/10	Ore To Shore			Overall /Age Group
		Mike Jones		20 th / 2 nd
		Pete Skellenger		56 th / 5 th
		Mark Olson		11 th / 5 th
		Scott Steurer		27 th / 4 th
		Richard Neumann & Joan Orman	Tandem	120 th / 1st
		Cheryl Olson		104 th / 4th
8/15	Mt. Snow NORBA	Mark Olson	Expert 30-35	37 th
		Mike Miles	Sport 30-35	19 th
		Cheryl Olson	Expert 30-35	11 th
8/25	Ft. Custer TT	Taylor Birmann	Beginner 14 & Under	15 th
		Mike Birmann	Sport 40+	7 th
		John Meyers	Elite 30 +	3 rd
		Scott Steurer	Expert 35-44	4 th
		Richard Neumann	Singlespeed	6 th
		Mike Miles	Sport 30-34	2 nd
		Cindy Gippert	Expert	6 th
		Richard Gippert	Sport 35-39	6 th

Upcoming Events

Date	Event	Website
November 2	Iceman	www.iceman.com
Sept 21 – Dec 1	Tailwinds Cyclocross Series	www.tailwind.net
Oct 5 – Dec 8	KISS-Cross C-cross Series	http://www.altelco.net/~emenaker/cxHome.htm

Editor's Letter:

It's near the end of September as I write this, and even though the weather is still decent for riding (most would say perfect, given the lower temperatures and lower humidity compared to most of the summer season), it is clear that we're on the tail end of our club's biking activities for this year.

The weeknight club ride starting times will move to 5:30 in October, and that means many people won't be able to get out of work in time to attend. Those of us who ride to the rides will be forced back into our cars in order to avoid biking home in the dark.

The sun is sinking lower in the sky as well. Riding directly west in the evening hours means you're looking right into glare that makes it difficult to see the road ahead, and any obstructions on it.

Riding west on sunny evenings gives me the willies for a different reason, too. If it's so hard for me to see up ahead, how is it for the automobile drivers approaching me from behind? An unclear windshield scatters the light, producing a haze that makes it impossible to see clearly. Can those drivers approaching me from behind see well enough to avoid me? Fall and spring, for this reason, can be dangerous riding seasons.

As we approach the fall, it's natural to look back and go over some of the highlights of the summer - and the lowlights. The "winding down" or the "aftermath" is a good time to reflect on the year; what worked - and what didn't.

It was a busy year for KBC. Attendance at the regularly scheduled club rides has never been higher. And club membership has topped the 200 level for the first time in memory. This is wonderful, as it shows we're doing something right; bikers are responding to what the club has to offer.

Along with the increased membership and ridership, however, come challenges. Some of the ride groups have simply gotten too large. It's difficult to "manage" 35-45 people in a peloton; it's more dangerous to ride in a group that size; and cars have a hard time getting around such a big slug of riders. We addressed this issue last year by staggering the club's Wednesday night ride starting times with the Hammerfest group. And it's something that may need to be done in the future on other nights if riders keep showing up in droves. A good problem to have, no doubt!

A bigger club needs more people involved in it to make it go, grow, and continue to meet the needs of its members. For years there has been a small, yet dedicated "core" of people doing the bulk of the club work. It's great fun and rewarding as well - but new people need to step up and take some responsibility from the shoulders of those who have borne the club's duties for so long. If you think this is another call for volunteers, you're right. We

need more people to show up at the club meetings, and to take on or at least help with some of the projects and challenges the club will encounter in the coming years.

Looking back on the season, it's amazing to me that - given the number of people at the rides and their varying experience levels - there were so few crashes on the club rides this year. Overall it looks like we're a pretty safe club - but we could always improve in that regard. As a follow-up to the report on **Nicole Newman's** crash on the Ride Around Kalamazoo County (a dog/bike encounter that ended badly), the dog owners finally issued Nicole an apology - and a check that covered the helmet and seat damaged in the crash. Animal Control was apparently a help in achieving this outcome.

No one could have anticipated the excitement generated by the **Tuesday Night Time Trial** series. **Tom Cross** did a great, enthusiastic job of keeping it going all summer, and those who participated in the TNTT very much appreciated the opportunity it provided. The TNTT also acted as a membership application magnet, as many people joined the club in order to ride the time trial.

Finally, one other positive thing I noticed this year was the presence of more kids at the rides than ever before. Tandem combinations included **Dan and Hannah Kalleward**, **Terry Florian** and his son, **Jeff and Graham Newman**, and **Jason and Frank Machnik**. And there were a few younger solo bikers as well; **Scott Steurer's** nephew on the TDG, and **Taylor Birmann**. On a recent Monday night ride, 9 year old Taylor unleashed a 25 mph finishing sprint that took the peloton completely by surprise. A rider to watch in the future, for sure.

But the thing I personally got the biggest kick out of this summer was watching Graham Newman on the back of his dad's tandem. Graham is five years old. He did the 60 mile Wine and Harvest Festival Tour this year, along with a lot of Monday night rides. To see his little legs going around and around is quite a stitch to see. He's like a puppy on the bike, swiveling his head around to see whatever there is to see, sticking his nose into the wind; just sampling everything passing by.

Down by Schoolcraft one night, with the group heading straight south by the golf course, Graham caught notice of his shadow racing along the ground beside the bike. He stuck out his tongue, and then whipped his head around quickly to see if he could catch the shadow with ITS tongue stuck out. There are more things than crashes that nearly make you fall off your bike, and this almost turned the trick for me.

Graham, with his enthusiasm and unrestrained happiness, really brought home what riding a bike is all about. It's about fun. Fun by yourself, fun with your buddies, fun in the open air. Here's hoping we continue to grow as a club, and to "recruit" new members like Graham, Hannah, Taylor, Jason, and all the others who are just starting their lives on bikes.

Anticipation by Axel Kleat

It's 4:30 in the morning. I can't sleep. It's because I'm starting a big adventure tomorrow. I'm going to see some old friends. Friends I haven't seen for a long time because they live about 850 miles south of here. The best part is that I'm riding my bike down there to see them.

Finally!...Finally vacation starts tomorrow. And I'm spending every day riding. Life is good! I know the roads the first sixty miles or so, but after that it's going to be all new. Don't know where I'm staying at night. Don't know where I'm eating. Probably going to get rained on sooner or later, but no spare jerseys or shorts fit in the bags. I'll be putting on the same shorts and shoes again the next morning no matter how wet they are.

I've got to take everything I'm going to need on the bike with me, from a few street clothes to chain lube to spare tires to shoes to maps to, well, anything I might need that isn't available at motels, restaurants, or that good old American landmark, the convenience store.

No camping for me, though. I've got nothing but admiration for those hardy souls who festoon their bikes with camping and cooking gear...and the low gears to get all that weight up the road. Hauling around enough stuff to stay at motels every night is plenty of extra weight if you ask me. Setting up camp in order to toss and turn on the ground all night—after pedaling a hundred miles or so—gets old after a few days, and I never have sorted out how to have a good time camping AND riding in the rain.

Actually, the weight I'll be hauling comes mostly from maps, tools, spares, and the bags to hold all the odds and ends I figure I can't do without—like glasses, money, and a little food. Synthetic clothes are pretty light, but I've got to take a few warm bits like tights and a jacket, and a few bits for evenings while the bike clothes dry out. And some sort of shoes to wear at night besides the ones with my namesake bolted to the bottom.

Since I'll be wearing the same bike clothes every day, and the same shorts and t-shirt every night, it's probably a good thing I'll be leaving whatever little burg I've holed up in each morning. Things might be getting a little ripe after a week or 10 days.

I thought about buying some sort of fancy computerized global positioning sort of thing to find

where I am instead of maps. But besides the cost, it just didn't seem right.

Biking is a simple thing. I shouldn't be going high tech just because I'm going cross-country for a few days. Besides, with my luck, the thing would crash, die in the rain, or get smashed or stolen. I figure plain old county maps are more reliable. All I've got to do is hang on to them and keep them dry, which should be challenge enough.

I just relish the notion of getting up each day knowing I've got to go south, and using maps, conversations with the local folks, and plain old guesswork to figure out which road to take next. Actually, this won't be too difficult the first few days. Central and northern Indiana is pretty flat and the roads are straight. Just go south until whatever road I'm on peters out, and then jog left or right till the next southern one comes along. Need some food or a place to stay? Scan the horizon for a water tower—there's generally one in sight and there's bound to be some sort of town under it.

But south of Indianapolis, things get hilly—real hilly. I figure on riding 500 miles of largely uninterrupted hills. How steep? How long? I'll just have to wait and see. How bad are the drivers? The dogs? Time will tell.

A couple of days ago I rode out to the start of a club ride here with the bike set up for traveling; handlebar pack, seatpost rack and bag, and some weight stuffed inside to mimic what I'll be hauling. No way was I going to try a club ride this way. I couldn't even see the front of my tire to tell how close I might be to the wheel in front of me. It was just a short shakedown ride to be sure it all worked okay.

When the ride pulled out the pack turned left and I turned right—which produced the oddest feeling. Here I was all pumped for Axel's big adventure, and I felt bad that I wasn't going on the club ride. Like I was missing out. For a moment I was sorry that I was going to miss a bunch of club rides, and why in the world would I want to do that?

Once again I am reminded of the incredible difference between the speed, fun and camaraderie of group rides and the peace, quiet, relaxation and time for reflection afforded by long, solo rides. The difference is astounding.

I'm reminded of a cartoon on t-shirt I got on a ride long ago. It has a guy riding his bike with a goofy look on his face, and the caption says, "Put some fun between your legs and enjoy life." That's just what I'm going to do.

KBC Kalamazoo Bicycle Club

P.O. Box 50527
Kalamazoo, MI 49005

PRESORTED STANDARD
U.S. POSTAGE PAID
LAKE MICHIGAN MAILERS
49009

RETURN SERVICE REQUESTED



*****AUTO**3-DIGIT 490

2005/02
PHIL CARUSO
313 HORSESHOE CT
PLAINWELL, MI 49080-9111

2002 KBC Officers

President: Karen Sue Mackaluso-----375-3625
e-mail: IRONMOM98@aol.com
Treasurer: Terry O'Connor-----342-4608
e-mail: Terry.OConnor@Davenport.edu
Secretary: Doug Kirk-----388-5045
e-mail: kirkdoug@aol.com

Other Important KBC Folks

Database Manager: Kathy Kirk-----388-5045
e-mail: klkirk@aol.com
Newsletter Distribution: Amy Lehman----353-6477
e-mail: gaclehman@chartermi.net
Newsletter Editor: Zolton Cohen-----344-0200
e-mail: zcohen@ameritech.net
Ride Captain: Randy Putt-----649-1814
e-mail: SRBike@aol.com
Social Director: Emily Mattes-----388-9861
e-mail: jedi_tri_girl@hotmail.com

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-----962-7688
Village Cyclery-----679-4242
Freedom Recreation-----381-7233

Kalamazoo Bicycle Club Membership Application

- ☐ Yearly Adult Membership-----\$15.00
☐ 3 Year Adult Membership-----\$40.00
☐ Yearly Family Membership-----\$17.00
☐ 3 Year Family Membership-----\$45.00
☐ Yearly Senior (60+) Membership-----\$13.00
☐ 3 Year Senior (60+) Membership-----\$35.00

Renewal? Yes ☐ No ☐

Please Print:

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Birthdate _____

E-Mail _____

Permission to register your name with the KBC
groupserve list? Yes ☐ No ☐

Family Member Names

Birthdates

_____	_____
_____	_____
_____	_____
_____	_____

Signature _____

Parent's Signature (If under 18) _____

Interested in working on KBC Events? Yes ☐ No ☐

Ride Category: ☐ Fitness ☐ Casual ☐ Competitive

Send to: Kalamazoo Bicycle Club P.O. Box 50527, Kalamazoo MI 49005