

# KBC PedalPress

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The Newsletter of the Kalamazoo Bicycle Club

November 2002

## President's Letter:

Happy Fall! Here's to another great cycling season with the KBC. With this season winding down now, we are gearing up already for 2003. Come on out and vote for your club officers at next month's general meeting. We'd love to see you.

At this time I would like to thank **Dr. Daryl Prater** for his presentation "Winning Protocols of the Tour de France" at our last meeting. It was very informative and interesting. We had a great turnout and left with a lot of food for thought. Thanks again Daryl. And thank you **Megan Smothergill** for finding a projector for Daryl to use.

As we are winding down another cycling season, we are still hearing comments on the need for slower group rides and slower group ride leaders. There is definitely a need and interest in this area. We bring this up at nearly every meeting and in almost every newsletter, and we are now actually getting some member interest in seeing this come together. If you have any interest at all (just the slightest) give **Randy Putt**, our ride captain, a call. Or contact any board member! We need you!

Also, it is not too early to start thinking about the **2003 Recovery Party**. If you have any ideas or suggestions, let me know. We are expecting great things to happen that night! Stay tuned for more details.

In closing, I would like to say that it has been a pleasure serving, along with **Greg Bouwman**, as your president this year. The Kalamazoo Bike Club continues to be a strong organization. But it can always use more help with the behind-the-scenes work. Come share your talents and gifts with us this next year. We need you.

Blessings to all of my KBC friends and CO-officers,

Karen Sue :-)

## KBC Wish List

### Community Resource Coordinator:

With a number of community projects on the yearly agenda (bike giveaway programs, Portage Bikeway 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, using the contact information on the back page of this newsletter.

**Next KBC Meeting – Thursday, November 14th, 7:00 PM, Borgess Fitness Center on Gull Road.**

The November meeting is when the officers in the club are elected. If you've read the KBC constitution, you know that every member has a vote. So please make an effort to come out and attend this important meeting. 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. 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.

## PORTAGE BIKEWAY COLOR TOUR

October 13<sup>th</sup>, the day of the **Portage Bikeway Color Tour**, had sunshine, wind, cold, but NO RAIN!!! KBC worked with the **City of Portage, Breakaway Bicycles, and Little Caesars Pizza** on the PBCT (Portage Bikeway Color Tour). Despite the less-than-ideal weather conditions, 65+ riders - a mix of adults and kids - came out to enjoy the scenery...and to feast on some hot pizza.

One major change from past years was the start/finish location, which in the past had been held at the Bronson Medical Center off of Angling Road. This year it was moved to the Celery Flats Interpretive Center. The switch allowed for a wider variation of riding capabilities. Route distances were set up from as low as 5 miles up to 20 miles, by utilizing the trail system, bike paths, or a combination of the two. This worked well for all ages, specially the little tykes (the next generation of Hammer Heads).

I would like to thank KBC members **Zolton Cohen** and **John Mathieson**, for helping with this event. Thanks and "good job" to **Paul Wells** of **Breakaway Bicycles** for the number of bikes he repaired or adjusted! Thanks to **Little Caesars Pizza**, because you know I got my share of it! A special thanks to **Barry Bacon**, and his crew at the **City of Portage** for continuing with this event to help promote the recreational activity of bicycling.

Paul Stevens

## Moderately Paced Ride Movement Gains Momentum

In some circles there is the viewpoint that KBC is only about people who ride fast. Not true. There are people who ride at many different speeds among the KBC membership list.

It is true, however, that the best attended and longest-lived weekly rides have been geared toward those who enjoy the camaraderie, challenge, speed, and competitiveness. The reason? It's simple. The riders who show up to these rides do so consistently and make it go. If no one came and participated in these rides they would wither and die out.

In the past, this seemed to be the case with the more moderately paced KBC rides. They disappeared due to lack of interest - and leadership. That may be changing.

You read in last month's *PedalPress* that **Ray Murphy**, ([MurfoskiR@aol.com](mailto:MurfoskiR@aol.com), 685-5762) is interested in starting a KBC touring group. Ray reported back to the KBC board that he's had some response to that article, and he's planning on putting some tours together for next year's riding season.

At the last KBC meeting, new member **Alta Herman** ([altaherman@aol.com](mailto:altaherman@aol.com)) reiterated that there is a need for KBC rides of this type and volunteered to get involved in leading them.

Alta also brought up the point that some people either don't care to ride in the evening, or cannot due to work or child commitment considerations. So she suggested - and volunteered to lead - a morning ride in the area of the Borgess Fitness Center. While these rides will probably pick up more momentum and riders next year, Alta echoed **Randy Putt's** sentiment in this month's ride schedule that there still may be plenty of good riding days left this fall.

So, if you're interested in participating in either, or both, of these riding groups, get in touch with Ray and Alta for more information.

## November Birthdays

Betsy Barnes  
 Carl Clatterbuck  
 Sheila Clothier  
 Tom Cochran  
 Beth Davis  
 Bruce DeDee  
 Maddie Fouts  
 Polly Freer  
 Kathy Hutchins  
 Sheri Jones  
 Jason Kalkman  
 Jordan Kalkman  
 Michael Krischer  
 Tom LaBrenz  
 Frank Machnik  
 Scott McAllister  
 Michael McKee  
 David Newman  
 Jeff Newman  
 Cindy Noverr  
 Jim Patton  
 Mike Peterson  
 Suzzie Rutgers  
 Suzan Spaulding  
 Howard Tejchma  
 Victor Van Fleet  
 Kevin Vonderfecht  
 Ken Wolff

## November New Members

Marty O'Connell  
 Ann O'Connell  
 Mary O'Connell  
 Marjorie O'Connell  
 Jim O'Connell

## November Expiring Memberships

Christopher Barnes Family  
 Jack Bley  
 Wiley C. Boulding Family  
 Charles Daudert Family  
 Scott Freer Family  
 Rick Gippert Family  
 Mark Krook  
 Steven Kuntzman  
 Amy & Gary Lehman  
 John Mathieson  
 Jeff Newman Family  
 Susan Peterson  
 Scott Hite & Sandy Stevens  
 Paul Stevens Family  
 Howard Tejchma  
 Steve Vonderfecht  
 Harry Wicks

## The Ultra Marathon Cycling Association 24 Hour Time Trial Championship by Rick Whaley

I attempted my first 24 hour race at the National 24 Hour Challenge in 1999. With a mixture of naivety and hubris, I thought that 300 miles would certainly be doable and 350 miles would be hard but doable, which was a strange attitude to have, given that my two training rides over 100 miles had left me sprawled in my reclining chair like a Salvador Dali clock. After battling dehydration and fatigue during the race, I thought to myself, "You know, a double century is looking pretty good." So, I abandoned the race after 13 hours and 206 miles. However, I did not enjoy wearing the Scarlet Q and decided to make amends in 2000. I signed up for the race, only to miss it for a business trip, so redemption had to wait another year.

**2001 Goals:** In 2001, my goal was to be riding when the sun came up and the miles would take care of themselves. The night before the race, my body mistakenly thought that my goal was to be awake long after the sun went down, so after a couple of long breaks, I did indeed find myself riding when the sun came up. I also found that the miles do not take care of themselves in a sleeping bag. Result: 226 miles, 24 Hour Challenge 2, Whaley 0.

**2002 Goals:** In 2002, my goal was to finally reach the "certainly doable" goal of 300 miles. I lasted until almost 11:00 PM before I listened to my Inner Roberto Duran when he said "no mas." I began riding again at about 3:00 AM, and buoyed by my personal mantra of affirmation ("At least it's not getting any worse"), I managed to ride until the 8:00 AM finish with 289.6 miles under my tires.

Although I could take some satisfaction in being able to ride the last five hours, there was unfinished business that left me with a vague sense of unease. When I couldn't sleep, I could only count to 10.4 sheep. What was even more horrendous than the sight of that 0.4 sheep was the fact that I had come so close to my goal. However, the UMCA 24 Hour Time Trial Championship was taking place on September 21-22 in Eldridge, Iowa. So, I decided "Hey, why not?"

**Race Time:** The race began at 6:35 AM, with riders starting every 30 seconds, just like the Tuesday night time trial, only slightly longer; and no drafting allowed, of course. The older age group riders started first, so I began my race at 6:42 AM, six minutes before sunrise. After three miles, the rider who started 30 seconds behind me rode by. This was a recurring theme over the next 30 miles, as I got to say hello and goodbye to 25 of the 39 riders who started behind me. I did pass a 67 year old woman and her 73 year old husband, but these fleeting moments of triumph were few.

After about 30 miles, we headed north into the wind. The wind wasn't as strong as it was at the 24 Hour

Challenge, but was certainly noticeable. After the first sag stop at 54 miles, the continuous gradual long uphill and downhill stretches became longer and steeper. At 61 miles, a hill similar to the 6<sup>th</sup> Street hill, although with a better run-in, got me out of the saddle and into oxygen debt. There were a few other places, where even a downhill wuss like me, who brakes at the slightest provocation, reached speeds of 35 mph before climbing up a comparable hill. While this course didn't have as many short steep climbs as the big loop in the 24 Hour Challenge, it was tougher than I thought it would be. At least the temperature was nice, rising from the low 50's to about 70 degrees.

At about 90 miles, a few miles before the second sag stop, the course headed south and was relatively flat back to Eldridge. I enjoyed riding for a couple hours at 20 mph with a tailwind. After finishing the day loop, I stopped at my car, took off the polypropylene T-shirt under my KBC jersey, drank a can of Slimfast (Ah, the Slimfast diet: Drink Slimfast, ride a bike 24 hours, and lose weight!), had some of that magic elixir called Gu, and began the night loop.

This loop was rectangular, except for a piece nibbled out of the northeast corner and the three straight sides of the rectangle were also a series of long gradual uphill and downhill stretches, one after the other. Only the fourth "nibbled" side of the rectangle at the end of the loop was rather flat. I achieved my goal of completing 3 loops by sunset and feeling reasonably good, reaching 190 miles at 12 hours. I put my polypro T-shirt back on under my jersey, put on tights, and ditched the Camelback; the taste of lukewarm water from a Camelback after 12 hours makes water from a water bottle taste like a mountain spring.

**Night Riding Blues:** To prepare for the almost 12 hours of night riding, I had two battery powered flashlights and a cygolite. I planned to use the flashlights, then the brighter cygolite, since, in theory, it was supposed to last 6 hours. Unfortunately, I had broken the handlebar attachment of my primary flashlight a couple weeks earlier and my Mr. Fixit electric tape repair job left something to be desired. Halfway through my 4<sup>th</sup> loop the attachment completely broke and I had to put on my other flashlight. This didn't allow me to enjoy the rising full moon that disappeared very quickly behind the clouds.

I finished my 7<sup>th</sup> loop at around 12:15 AM and put the cygolite on my bike. My appetite for solid food had disappeared long ago and I was subsisting on Slimfast and Accelerade stored in the cooler in my car, as well as the occasional Gu while on the road. I felt pretty good anyway.

During my 8<sup>th</sup> loop, I realized that I was actually enjoying the loop. I could rest my legs coasting down the hills and they weren't of the plunge-off-the-side-of-a-mountain grade, while in the darkness I couldn't see the →

length of the hills, and I could get into a good rhythm riding up the gradual grades. This was a very pleasant surprise. Also, unlike the 24 Hour Challenge, the wind had died down at night. At about 2:30 AM, it rained, but for only about 5 minutes.

Shortly after 3:00 AM, I finished my 9<sup>th</sup> loop, reaching 304 miles. Anything after that, I thought, was an added bonus - and I had a good shot at 350 miles. On went the Camelback, and I began loop 10. Midway through this loop, the warning light on my cygolite came on; so much for 6 hours of use, so on went the flashlight at the end of this loop.

As I began my 12<sup>th</sup> loop, I had 52 minutes left. The mile marks were painted on the road, and we were on the honor system to report the number of miles ridden before time ran out. My by-now 15 mph pace would give me 13 more miles, but if I picked up the pace to just over 16 mph, I could get one more precious mile. So, as daylight appeared, I kept one eye on the road and the other on my watch, and I reached the 14 mile mark with one minute to spare. I was done. Of course, I still had to ride back to the start, so I slowed to savor the end of the race. After about a mile of savoring, I discovered that my rapidly emerging fatigue would probably savor me into a ditch. So, I sped up and got the ride over with.

**Final Results** The quality of the field was impressive and came from 19 states and 4 foreign countries. Of the 53 riders, 33 rode at least 300, 22 rode at least 350, and 13 rode at least 400 miles. The winner, Andrea Clavadetsher from Liechtenstein, rode 480 miles, which is like riding 48 consecutive 30 minute Tuesday night time trials. He also won the Race Across America in 2001. The female winner, from Canada, rode 395 miles.

I stayed on the bike 22:36 of the 24 hours and rode 356.83 miles, good for 20<sup>th</sup> place. I finished 4<sup>th</sup> out of 15 riders in the 50-59 age group, missing a medal by one place. But the 3<sup>rd</sup> place rider, who attributed his success to abstaining from caffeine for 6 months prior to the night of the race, rode 18 miles farther, so it wasn't as if I had just missed third. Besides, if I had won a medal, I'd have been obligated to buy platform shoes, a leisure suit, and a shirt with a huge collar to go with it.

After the race, I celebrated as only a 24 hour racer can, by taking a 3 hour nap. And after 10.5 hours of sleep that night I drove back to Kalamazoo. As I type this, the only lingering aftereffect is numbness in the tips of my fingers and thumbs, probably due to lack of hand movement during the race. Since I like to read, I guess this wouldn't be a good time to go blind.

This will pass eventually, but what will not pass is the knowledge that a "hard but doable" goal of three years ago proved to be much harder than I thought, but eventually doable. The fact that this did not come easy makes it sweeter.

## October, 2002 KBC Monthly Meeting Minutes

KBC's regular monthly meeting was held Thursday, October 10, 2002 at 7:00 pm at the Borgess Fitness Center off Gull Road. Present were Randy Putt, Jeff Newman, Doug Kirk, Zolton Cohen, Emily Mattes, Karen Sue Mackaluso, Steve Secondi, Sally Van Sweden, Tom Cross, Tom Keiser, Victor VanFleet, Alta Herman, and David Newman.

The meeting overlapped with the monthly Triathlon club meeting, a wise arrangement because **Karen Sue** had **Dr. Daryl Prater** speak to us about sports injury management. Dr. Prater, a local chiropractor, is personally familiar with Lance Armstrong's United States Postal Service team chiropractor, and was able to outline quite specifically many of the tools, techniques and supplements utilized at the highest level to promote fast and thorough recovery from both injuries in the conventional sense as well as the damage to the body that results from truly strenuous exertion.

I have to admit that while many of the techniques sounded very worthwhile to me, the one that really got my attention was Lance getting a daily hour of massage morning AND night. Even my old legs might go 'round a bit quicker with that kind of attention.

After the triathletes left, there were two subjects discussed. The first had to do with riders getting dropped and the relative paucity of slower, social rides. **Alta Herman**, a new member, is interested in organizing some slower rides, and even daytime, weekday rides. She and Ride Captain **Randy Putt** will communicate on this, and **Jeff Newman** offered computerized mapping services to prepare maps for these or any other KBC rides.

Second, nominations for KBC's elected positions were discussed. As of the meeting, Jeff Newman has offered to run for Vice President, **Doug Kirk** has offered to continue as Secretary, and **Terry O'Connor** has offered to continue as Treasurer. Initially, no one offered to run for President. At the end of the meeting, Doug Kirk offered to run for President, if someone would offer to run for Secretary. So it was agreed that we would all be asking around.

The meeting adjourned at 8:30.

Respectfully submitted,

Doug Kirk, KBC Secretary

## THANKS, RIDE LEADERS and RIDERS

It is mid-October and the riding season is slowing with cooler temperatures and shorter days. However, there should still be many good riding days left. You just have to put on a few more clothes to stay warm. The Turning Leaves Century in Dowagiac just finished. Unfortunately, I decided not to ride TLC. The weather looked like rain early so I decided not to drive to Dowagiac to be cold and wet. Guess what? The sky cleared about 8:30 AM and stayed that way the rest of the day. It was cool, ~50 deg, and very windy. I hope everyone who rode it had a great time. I ended up riding by myself and battling the wind. It would have been more fun to ride with friends. Maybe next year.

The weather is gorgeous today, one of those cool and clear fall days. Of course, it can change in an instant. We may see some snow flurries by the end of the week, or it could be in the 60's next week. Who knows? Keep the bike ready to go. I hope you're able to get out and ride. Take advantage of these glorious fall days.

We had yet another great summer of riding. The attendance at the regular weekly club rides exceeded my expectations, and many new riders have become regulars at the rides. Also, the five special weekend rides were well attended and a lot of fun. There was the **W Avenue Ride** in April, the **Old Car Ride** in June, the **Ride to South Haven** in July, the **Ride Around Kalamazoo County**, and the **31st Anniversary Ride** in September. Let's plan to continue these rides next year, including the **32nd Anniversary Ride**. One person or a small group who wanted to go for a ride started all these rides. Hey, it's more fun to ride with a group, so we now have 5 special weekend rides.

**Steve Cox** organized a dirt road ride for October. This one is different because it combined paved and gravel roads. Maybe we have the start of special weekend ride number 6. The ride took place October 20 so I don't know the outcome as I write this note. Other ideas for weekend rides are always welcome. All it takes is one person to get it started.

I would like to thank the ride leaders again for the great job they have done this year. The following people led weekday and/or weekend rides during the 2002 ride season: **Zolton Cohen, Beth Davis, Deb Gray, Mike and Sherry Higgins, Fred James, Steve Johnson, Doug Kirk, Amy Lehman, Cliff Muller, Ron Newhouse, Dave Newman, Terry O'Connor, Randy Putt, Bill Strome, Paul Wells, Rick Whaley, and Ed Wilson**. Thanks also go to those conscientious riders who filled in at the last minute when no ride leader could make it. Come back next year.

Also, give a special thanks to **Emily Mattes** for her efforts in organizing the 31<sup>st</sup> Anniversary Ride. And let's not forget hard work by **Tom Cross** to get the inaugural **Tuesday Night Time Trial** started. It was a great success this year. There were numerous riders who helped with this event, especially **Tom Keizer, Zolton Cohen, Dave Newman, Dan Kallewaard, Nicole Newman, Graham Newman, and Greg Lawford**. I'm sure I missed a couple of volunteers.

There are no regularly scheduled rides in November. The ride schedule will resume starting in March 2003. But the weather should still allow for some weekend rides, so meet at KVCC at noon on Saturdays and Sundays as long as the weather permits for impromptu rides. The riders who show up can determine the route and pace of the ride. If you would like to lead an impromptu weekend ride at some other time, give me a call, send me an e-mail ([sterling.r.putt@pharmacia.com](mailto:sterling.r.putt@pharmacia.com) or [srbike@aol.com](mailto:srbike@aol.com)), or send a note via KBC group email and I would be more than happy to forward information about the ride to my biking e-mail list. There are always riders ready to go. If you would like to be on my ride list, send me your e-mail address.

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

## Mountain Bike Racing Update

Another race season has come to a close, so here are the last of the season's race results. Although many of us will miss the weekly competition, we are all relieved to take a break from structured training and to partake in some holiday eating!! KBC members ALL performed exceptionally at the top of their classes this year. Congratulations to **Taylor Birmann** for taking 1<sup>st</sup> overall in the Michigan Cup race series for the Beginner 10 & under class, and to **Mike Miles** for taking 1<sup>st</sup> in the Sport Men 30-34 class!!! I will post **Iceman** results next month, so if you're not a frequent racer, please send me an email so I don't miss you in the list of 2002 results ([caolson@ResourceOcean.com](mailto:caolson@ResourceOcean.com)).

### Race Results

Date	Race	Name	Class	Placement
9/29	Aspen Park	Scott Steurer	Expert 35-44	5th
10/13	Boyne	Mike Birmann	Sport 40 +	7th
		John Spaulding	Sport 40 +	9 <sup>th</sup>
		Taylor Birmann	Beginner 14 & under	1 <sup>st</sup>
		Mark Olson	Elite	12th
		Cheryl Olson	Expert	2 <sup>nd</sup>
		Mike Miles	Sport 30-34	1st

### Upcoming Events

Date	Event	Website
November 2	Iceman MTB Race	<a href="http://www.iceman.com">www.iceman.com</a>
October 27 <sup>th</sup>	Riverside Park CycloCross	<a href="http://www.tailwind.net">www.tailwind.net</a>
November 9 <sup>th</sup>	Robinettes CycloCross	<a href="http://www.altelco.net/~emenaker/cxHome.htm">www.altelco.net/~emenaker/cxHome.htm</a>
November 10 <sup>th</sup>	Hudson Mills CycloCross	<a href="http://www.tailwind.net">www.tailwind.net</a>
November 17 <sup>th</sup>	Manhattan Park CycloCross	<a href="http://www.altelco.net/~emenaker/cxHome.htm">www.altelco.net/~emenaker/cxHome.htm</a>
November 24 <sup>th</sup>	State Championships, Bloomer Park CycloCross	<a href="http://www.tailwind.net">www.tailwind.net</a>
December 8 <sup>th</sup>	Robinettes CycloCross	<a href="http://www.altelco.net/~emenaker/cxHome.htm">www.altelco.net/~emenaker/cxHome.htm</a>

### WMU Cycling Club Gear!

*(Editor's note: WMU Student and fast rider Matt Siebert sends along this message asking for support for the WMU Cycling Club, via sales of their logo-ed gear. I've seen renderings of the jersey and cycling bibs, and they're very sharp looking. The colors are white, black, yellow, and gray. If you send Matt an e-mail, he'll be happy to send you back a Word document with the drawings of the gear. Pretty reasonable prices, too.)*

The WMU Cycling Team will be taking orders for WMU Cycling apparel until November 20th. **KBC members can get this clothing at cost.** If you have any questions or would like to place an order contact Matt Siebert ([mattsiebert@hotmail.com](mailto:mattsiebert@hotmail.com), 352-1006). Apparel is from Verge Sports.

Here is what we have to offer:

Short sleeve Jersey: \$50

Long sleeve Jersey: \$55

Bibs: \$55

Vest: \$55

Thermal Jacket: \$55

At this point we would also like to thank some of our sponsors and fellow riders, **Carey, Kirk, Emmons & Kihm**, as well as **VanSweden Jewelers**.

## Embryonic State by Axel Kleat

Four hundred fifty miles from home on an unsupported bike tour. It's late summer, the weather's fine, the roads even better, and the people along the way best of all. It's idyllic, really, and I'm thinking that I ought to be doing a whole lot more of this. There's no better way to get to know the people and the country.

But my bottom bracket has begun sounding like the little steel balls in there are grinding themselves into powder. At least that's what my imagination conjures up listening to the creaks, groans and graunches that sound worse on each successive hill, and are directly related to how hard I pedal. It's been coming on for a couple of days now. Every time I stand it sounds worse, and one crankarm has come loose twice this afternoon.

I'm in the hills of central Kentucky, over fifty miles from any remotely large town. It's over ninety degrees, and I've been cranking my loaded bike over short, steep hills and into a nasty, hot headwind all day. I'm entirely used up—hungry, dehydrated, tired, and ready for dinner and bed. I'm not going any further today, that's all there is to it. Leitchfield, Kentucky is where I'm holing up for the night because that's where I happen to be and because they have a motel. It's also where, once again, the camaraderie of bicycling saves the day.

As I lie prostrate on the motel bed, soaking up air conditioning, my sweat seeping into the bedspread, I reach for the phone book. It's less than half an inch thick despite including several surrounding small towns. I thumb to the yellow pages and am simply flabbergasted to find a single, solitary bike shop. It's 4:30 in the afternoon. I dial, and sure enough someone answers.

The man clearly wants to help. He has a used bottom bracket that might fit my bike that he took out of a customer's bike, but the customer has the special tool. Can I hang on a minute? Hell yes, I want to scream, but manage a somewhat more restrained reply. I mumble my prayers, then he's back. Yes, Nathan will bring in the tool, but I have to hurry over because it's late. I get directions.

Adrenalin rushes to the fore, and fatigue vanishes down the shower drain in seconds. I certainly set the record for the little jaunt to the Embry Bike Shop, creaking every bit of the way.

Embry Bike Shop is small bike shop in a town of about 5,000, clearly aimed at family bicycling. Antique bikes, wagons and toys hang from the wall. Rick and Joyce Embry run this little oasis, and it was he I talked to minutes earlier. Joyce simply points me to the back room and flips on the light. It's too good to be true—empty workstand, bench, and tools. And by the time I've pulled the crankarms, Rick and his best customer, Nathan, are asking all about my trip. Rick and his wife, it seems, have toured in Michigan a couple of times, and one wall is lined with pictures of them on various excursions.

And Nathan. A customer, mind you, has dropped what he was doing just to bring over his bottom bracket tool. Southern hospitality is a well-worn term, but it just isn't possible to be any nicer than this. Wouldn't I like something to eat? Rick asks. No? Well, you simply must have a drink—it's hot out there, and you really came all the way from Indiana today? I feel as though in fact I've been in Leitchfield some time now, and these folks are my buddies.

We all huddle over the bottom bracket, which immediately realizes too much good karma is present to put up much of a fight. It confesses that some new grease and a good third of a turn tightening will set things right. The whole thing's fixed in less than half an hour, but we spend another half hour just being bicycle buddies, swapping stories.

Nathan slips out first, acting almost embarrassed in response to my repeated thanks. "T'weren't nothin'," he drawls. As we talk, I realize that it's now well after closing time, a fact that Rick has taken pains to conceal, though he does admit he wants to go for his evening run. Nor will he take any payment for his services. Not a dime, not even for the can of Pepsi.

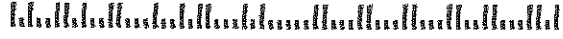
Doesn't the guy realize just how much help he's just been? Doesn't he realize the fix I'd have been in without him? Doesn't he realize just how wonderful it is to find the perfect port in a storm? Maybe, just maybe, he does. Folks, if you're in central Kentucky, visit Rick & Joyce at Embry Bike Shop, 602 N. Main St., Leitchfield, Kentucky 42754. (270) 259-3900.

# KBC Kalamazoo Bicycle Club

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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**