

# KBC PedalPress

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## President's Letter:

This is my last official KBC President's Letter. I was offered a new position at State Farm and will be relocating to Holland. This move is good for career and family so we are excited. The May 14<sup>th</sup> meeting was my last as Club President, but I will try to attend other meetings until I move.

As happy as I am with this opportunity it comes with mixed emotions. I'll certainly miss the weekly rides, the Recovery Party and the other special events we have. Riding in a group is always a mixed blessing. You can average much faster speeds than you could on a solo ride but there is more danger. It's nice when you get used to a group and know whom you can trust to hold a good line going down 2<sup>nd</sup> St. at 30 mph. I'll miss showing up for the rides and knowing that there is a good group waiting to fry my legs. I'm now off to meet a new group of riders to ride and train with.

My territory for work will cover the Kalamazoo area as well as Holland, so I will definitely set some Wednesday afternoon appointments; that way I can show up at the Hammerfest. I'll also try for the occasional Tour de Gull, and as long as my record stands I'll be at the Tuesday night TT to defend my title. Although, by the time this is published my record may be shattered.

As to the club Presidency, our Vice-President Karen Sue Mackaluso will be handling that role for the remainder of this year. As you know, Karen Sue was the President last year and is more than capable of handling club business. You guys just need to get her out to more club rides.

Anyway, it's been great riding with such a large club. I can only hope to find as good a group in Holland. I'll be around for Flowerfest and other rides, so I'll see you then. *Greg Bouwman*

## KBC Wish List:

**Jersey Designer** - We still are looking for a club jersey designer/point person to spearhead efforts in getting new jerseys on the backs of KBC riders. If you have graphic arts talent and a penchant for seeing a project through, this is your chance to make your mark on the club. Some of us still wear KBC jerseys from the 1970's, 80's, and 90's, so your design will have significant impact on the club's "look" for years to come. Interested? Come to the next KBC meeting (see below) with your ideas.

**Next KBC Meeting – Thursday, June 13<sup>th</sup>, 7:00 PM, Borgess Fitness Center on Gull Road. Please note the changed meeting day.** Activity in KBC increases in the summer, and the club could use some help on various projects coming up in the schedule. There are many opportunities to get involved in the running of your bicycle club. Please join us at a meeting and see how you can help out.

## Editor's letter:

Well! Has there ever been a spring less conducive to biking than the one we're currently enduring? Between the cold, rain, and wind the riding has been pretty miserable. As of this writing, May 19<sup>th</sup>, I've only been out of my tights *twice* in over 1200 miles of riding this year, and the wind is taking a toll on my psyche. The W Ride, because of rain and cold, saw only 4 hardy riders show up, but the subsequent rain date the following weekend was much better attended.

But on the rare good days, the biking has been wonderful. Attendance at the weekday club rides is huge when the sun shines and the temperatures warm up. Overall, roads on the various routes survived the winter reasonably well, and the county road crews are patching what potholes developed. As the weather warms further the biking will improve. It always does. It's a new season and despite the cruel and still wintry days, we're riding.

Like many of you, I was surprised at Greg Bouwman's announcement of his impending move to Holland. I'll also confess to a little despair as well. I don't want him to leave. His presence in the club as President, volunteer, and rider has been instrumental in getting the Club along to where it is today – stronger than it has been in many years. But in the end, I know he's doing what is best for his family, and that's what is most important of all. We wish him continued success and luck in the future - and thanks for the great job he did for KBC. His presence at the front of the KBC peloton will be much missed.

*Zolton Cohen, KBC PedalPress Editor*

### Upcoming KBC Event:

4<sup>th</sup> Annual Vicksburg Old Car Festival Ride - Saturday, June 8<sup>th</sup>, 9 AM.  
Meet at the Vicksburg High School Parking lot.

This approximately 60 mile ride, organized and led by Randy Putt, is a fun event. Not only is the route a good mix of flat stretches and easy, rolling hills, after the ride you can hang around in Vicksburg to look at some nifty old automobiles. It's a big deal in Vicksburg and brings people in from all over the country. A good ride, and an unusual day. See you there.

### KBC Executive Board Meeting Minutes

KBC held its regular monthly meeting May 14, 2002 at the Borgess Fitness Center on Gull Road. Present were Greg Bouwman, Tom Keizer, David Newman, Zolton Cohen, Victor Van Fleet, Doug Kirk, and new members Barb Hibiskie and Mindy Tai. The meeting was called to order by President Greg Bouwman at 7:05 pm.

Our esteemed Prez, Greg, announced that his real job has transferred him to the Holland area with the result that he will be moving there in the near future. He will remain as President through July 1 as necessary, but likely not thereafter. We decided to first speak with Vice-President Karen Sue to see if she will ascend to the top of KBC's podium for the remainder of Greg's term before looking for someone else to fill Greg's awesome cleats.

Zolton Cohen informed us that KBC used Lake Michigan Mailers for last month's *PedalPress* mailing with good results and only marginally more cost than doing the mailing ourselves. Costs could be lowered further if KBC acquired 501(c)(3) tax exempt status from the IRS and/or if KBC mailed more than 200 copies at a time. The benefits of doing the mailing this way are even more substantial for the much larger Flowerfest mailing, so we will continue to work to develop this relationship.

Speaking of Flowerfest, David Newman reported that planning and preparations are in general going very well, though as of now we do not have anything in place to produce/distribute a poster. Zolton will see what he can work out about this. As always, as Flowerfest approaches, the need for volunteers to help with various activities leading up to the event is manifest. A request for volunteers appears elsewhere in this issue of the *PedalPress*.

Turning to KBC's *raison d'etre*, that is to say our club rides, all agreed that the ride season is off to a great, if somewhat cool and wet, start. Doug Kirk reported that the Tuesday Night Time Trials are a big hit, and lots of fun, and Greg pointed out that two TTNT outings have resulted in at least four new KBC members.

Next we turned to the subject of new KBC jerseys. Zolton noted that since our new hats aren't moving as quickly as we would wish, we might have trouble selling enough jerseys to cover the minimum order. We also talked about whether it makes more sense to first develop a new design and then solicit interest among club members or visa versa. The result was that we tabled the matter of new jerseys for the present.

The last subject was the KBC Ride Line. Greg has been monitoring the ride line and reports that it gets minimal use, particularly as the KBC website grows. We talked about whether the Ride Line was necessary in view of the expense to the club, and decided that, at least until Flowerfest, we should keep it running since this is one way people contact KBC for Flowerfest entry forms. We will revisit this issue later this year. The meeting was adjourned at 7:52 pm.

*Respectfully Submitted, Doug Kirk, KBC Secretary*

### New KBC Members

Max Breuer Family  
Thomas & Alta Herman  
Barbara Hibiske Family  
Greg Jensen  
Karl Kappenman  
Mindy Tai  
Karen Reitz  
James Walhout

### June Birthdays

Phil Caruso  
Marjorie Coates  
Rosanne Degen  
Caitlin Freer  
Madeleine Gibson  
Alec Hapman  
Anjanette Jonas  
Steven Kuntzman  
Shari LaBrenz  
Richard Neumann  
Cheryl Olson  
Joan Orman  
Anne Pancella  
Jenny Putt  
Catie Uggeri  
Sally Van Buren  
Judith Vander Weg  
Carolyn Vonderfecht

### June Expiring Memberships

Lee Anderson  
Kara Linne Barone  
Deborah Bauer  
Shawn Busby  
Tom Cross Family  
Dave DeBack Family  
Stephen Duniak  
Dan Ferrara Family  
Ken Fouts  
Sherry Gordon  
John Howson  
John & Marcia Johnson Family  
Dan Kallewaard  
Kevin Kavanaugh  
Barbara Lalonde  
Helen Lukan-Kavanaugh  
Ed Mazurkiewicz  
Dan Nash  
Rob Nicey  
Peter Skellenger  
Keith Wilkinson

## And Speaking of Wind....

*By Zolton Cohen*

Axel Kleat, venerable KBC PedalPress columnist, wrote several years ago about a ride he took on a particularly windy day; a May 6<sup>th</sup>. I happen to remember that date and that column because I, too, had been out riding then as well. And indeed it was a windy one.

It was a day on which I was easily seduced into believing I had this biking business all figured out. That training I had done, all those leg presses and curls and hours on the trainer really had paid off, without a doubt. I was easily doing 28 miles an hour headed north on that day, my tires throbbing against the asphalt. A no-sweat effort, too. Just put the chain on a bigger cog and crank away. Beautiful. I was going to kill at the club rides. Commit murder. And then, of course, I had to turn the bike around. And in so doing I caught my comeuppance. The wind that had propelled me – and my imagination – so well from behind now was standing me up and dope-slapping me in the face.

But that wasn't the windiest ride I'd ever had, nor do any of our present windy days even come close. My windiest ride came when I lived in Boulder, Colorado, in the early 1970's.

Boulder is a windy city. There are great wads of the stuff that flow west over the top of the Rockies and fan out down the foothills that comprise Boulder's west side. There is wind every day, and on most days it's a strong wind.

I was working my first construction job, on a concrete pouring crew, when I lived in Boulder. My means of transportation was an old Olmo Special 10-speed I'd picked up from I don't know where. It was a pure life. Hard work, a bike, food, an apartment – and not much else going on. Our crew gathered at 7 each morning at the company owner's house and from there divided up into pickup trucks to be driven out to the various job sites. When they weren't seeking diversion by trying to pull out the longish, black hair that curled out from under my hardhat with their linesman's pliers, the other guys were decent enough. Cowboys; leathery and tough.

Since where I lived in Boulder was high on a hill and the boss's house was east of town, I began to make it a game to see how few pedal strokes I would need on the Olmo to reach my destination each

morning. Due to the wind, I started out requiring maybe 200 strokes to do the nine miles, and then worked that down to the low double digits over the course of several weeks. I was becoming a coasting expert. Going home was a different story though, especially after having worked a nine hour day pouring concrete in the hot sun.

One day though, I didn't take any pedal strokes at all. I just hopped into the saddle and was able to coast all nine miles, through intersections, sometimes using the open flap of my flannel shirt as a sail. It was windy that day. My boss met me at his door and shot me a look of disbelief – one he exhibited several times each day since I came to work for him. There seemed to be no end to the ways I could astonish him with my stupidity. He told me to go back home, that of course we wouldn't be working that day, that it was too darned windy to work. Couldn't I see that? Well yes, I could, and now I'd be "seeing" it coming right at me front and center, all the way home.

The ride back was outright ridiculous. I could hardly pedal the bike, even in the lowest gear. I wobbled side to side, blown off line by the screaming wind, only to overcompensate the other way when I steered back. Cars going by me on the road rocked from side to side with the gusts, and they kicked up sand and dirt that smote my face and arms in tiny, stinging blows.

Suddenly and without warning, the Olmo flipped over. Dazed, lying on the ground on my back, I realized that I must have been blown off the bike and had it fall on top of me. Worse, I couldn't get it to move. The Olmo was pinning me by the weight of the wind on its skinny frame. I tried to push the bike upward, only to have it slam back down again. That hurt. Recalling a brief and painful encounter I had in high school with one of the members of the wrestling team, I executed a clumsy "step-out" maneuver from under the bike and finally wormed free of its clutches. Standing again, in a moment of supreme effort I got the bike back upright and started walking it homeward, some 6 miles away. It was nearly noon by the time I made it back, beaten and bullied by the wind.

In Boulder that morning nearly 200 windows had been blown out by that rogue 80 mile per hour gust. For me, I guess it could have been worse, although I couldn't at the time conjure up how. And that's what I think about every time I'm buffeted by Kalamazoo's relatively mild and balmy breezes.

### BE A RIDE LEADER

Spring weather is finally here, or was here, and the year 2002 KBC ride season has started anyway. The weather seems to be stuck in the month of March mode temperature-wise and April moisture-wise. May has been a bit cool and wet. Even so, the rides have been going great.

KBC had a great group of ride leaders last year. Attendance at the rides continues to increase. With the increased ride attendance we need more ride leaders for the 2002 season to accommodate the larger groups. We especially need help greeting new riders and making sure they get started with the appropriate ride group. It would be helpful if all members participated with this activity. Introduce yourself to someone you do not know, especially in other ride groups.

The more ride leaders we have the better. Volunteer to lead some rides. It's fun. The routes are well established for the Monday, Wednesday, and Friday rides. Give it a shot. The club will be happy to help get you started.

If anyone is interested in leading rides this year, please give me a call at 649-1814. I will be more than happy to discuss with you how to lead rides. In fact, most any experienced KBC rider would be happy to discuss ride leader responsibilities with you. You do not have to wait to be asked. No experience is necessary, just the willingness to ride with a great group of people who enjoy riding their bikes. – *Randy Putt, KBC Ride Captain*

### JUNE RIDE SCHEDULE

The year 2002 KBC riding season is underway. Riders, if you have not tried a KBC ride yet this year, bring your bike and let's go. When the weather cooperates, the attendance at the Monday, Wednesday, and Friday has been fantastic, up to 50 riders. Riders, and especially ride leaders, please bring your cell phones for emergency use. It is desirable to have at least one cell phone per group.

#### NOTE: ALL WEEKDAY RIDES START AT 6:15 PM IN MAY - AUGUST

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

- 15-20 mile group at 10-12 mph, need leaders
- 15-20 mile group at 13-15 mph, need leaders
- 25-35 mile group at 16-18 mph, led by **Terry O'Connor** and **Fred James**
- 25-35 mile group at 19-20 mph, led by **Randy Putt** with **Rick Whaley** and a host of others filling in as needed
- 25-30 mile group at 20+ mph, no leader yet

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

The **Tuesday** ride meets at Breakaway Bicycles on Romence Road for a 25 - 30 mile ride at 16 - 18 mph on the 2<sup>nd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> Tuesdays of the month. **Paul Wells** and **Steve Johnson** lead the ride from the bike shop. On the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the month at 6 PM, KBC is sponsoring the Tuesday Night Time Trial Series at Vicksburg High School.

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

- 10-15 mile group at 10-15 mph on the Kal-Haven Trail, led by **Denny Morrison** and **Smokey the Dog**
- 25-35 mile group at 16-18 mph, led by **Bill Strome**
- 25-35 mile group at 21+ mph led, by **Zolton Cohen**

The 10-15 mph ride on the Kal-Haven Trail is a new ride. Come on out and ride with **Denny** and **Smokey**

The **Wednesday** night **Hammerfest** will start at Kal-Haven Trail Parking lot at 6 PM. The pace of the ride is typically greater than 22++ 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 oftentimes 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.

**Thursday** night is social night at Texas Drive Park. **Beth Davis, Amy Lehman, and Kristen Gray** plan to share ride leader duties. Others are welcome to help lead. Riders of all riding abilities are welcome. The pace and distance depends on the riders who show up and is typically about 15 – 16 mph.

The **Friday Tour de Gull** meets at Billy's Bike Shop in Galesburg for a ride around Gull Lake (27 miles). This is a great route with rolling hills and numerous views of Gull Lake. We hope to offer three ride groups this year.

- 15-16 mph group, (need ride leaders)
- 17-19 mph group, (need ride leaders)
- 20+ mph group, led by **Randy Putt** with **Rick Whaley** and a host of others filling in as needed.

All groups follow the same route. We need ride leaders for the 15-19 mph groups. 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 Randy Putt.

## SPECIAL WEEKEND RIDES

Mark your long-range calendars for some special weekend rides this summer. Several rides are being planned for the summer months.

- The 4<sup>th</sup> annual **Old Car Festival Ride** (about 60 miles) from Vicksburg High School on Saturday, June 8, at 9 AM, led by Randy Putt
- The 5<sup>th</sup> annual **Ride to South Haven** with a stop at the beach (100 miles) on Saturday, July 13
- The 11<sup>th</sup> annual **Flowerfest Tour** (15, 31, 62, 100 miles) on Sunday, July 21, 2002
- The 5<sup>th</sup> annual **Ride Around Kalamazoo County** (100 miles) on Saturday, August 10 (tentative)
- The 31<sup>st</sup> **KBC Anniversary Ride** on Saturday, September 14, with the distance and route TBD

Mark your calendars and stay tuned for further details. If you have comments about the above-mentioned rides or have suggestions for other rides, contact Randy Putt by phone or e-mail.

## IMPROMPTU WEEKEND RIDES

Meet at the KVCC parking lot on Saturdays at 10 AM and Sundays at 12 PM for 30-80 mile rides. Dave Newman plans to lead most Saturday rides. There will be no designated ride leaders on 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/](http://www.angelfire.com/mi/kbc/)), **Ride Line** (343-2288), 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.

## Flowerfest Volunteers Needed

On July 21<sup>st</sup>, the Kalamazoo Bicycle Club will once again put on the popular **Flowerfest Bicycle Tour**. And we need your help to make it great. As in years past, we need club members to work at registration and at the two rest stops (at the Briar Patch and the Alamo Little League Fields). This year, we hope to make the tour a little better than in the past by having club members drive the SAG vehicles. So we need some volunteers with bike racks on their cars and a willingness to drive around with a radio operator to aid and assist the riders on the tour. The radio operators will report road conditions and any emergencies back to the start/finish area where the tour organizers will be working.

If you're willing to help with Flowerfest on the day of the ride (July 21), or with some of the pre-event work, please contact **Dave Newman** by phone or email (375-8105 or [David.Newman@wmich.edu](mailto:David.Newman@wmich.edu)). We know that most KBC members would rather ride the tour than work. But to keep the quality of the tour as high as it has been in the past we need volunteers to attend to some of the important "battle stations" on the day of the ride.

Flowerfest is the largest KBC fund raiser of the year and it requires a lot of volunteer hours to pull off. Most of the hard work, the planning and organizing, has been done. The only thing needed now is a few hours from you. Won't you help the club and the bicycling community by volunteering at this fun event?

## Tuesday Night Time Trial Series Is Up and Running

*Reported by Time Trial Master Tom Cross*

The second running of the KBC Tuesday Nite Time Trial is in the record books and here is how it went down. The weather was much improved from the first TNTT, with only a light cross wind out of the north. The riders were showing up but I didn't have a volunteer yet for the turnaround at the 5 mile mark. Rhonda has poison ivy so bad even little kids won't talk to her. Luckily, California Dan was willing to sacrifice a ride to go down and cover the turnaround. THANKS DAN!!!!

A few minutes after 6 PM the riders lined up and were ready to go. **Matt Berner** volunteered to go first. I need to point out that at the last TNTT Matt was on a bike without aero gear. It was windy and that cost him time. Today he came out with the ultimate TT machine: the Litespeed Blade. Gorgeous. Man I love Bikes!!!

3..2..1 GO! Matt was off!!! Actually Matt didn't get the countdown, and in looking at his time it might have cost him the difference between second and third. Sorry Matt; next time you get a count. 20 other riders awaited their turn with **Greg Bouwman**, the record holder, set to go last. At 30 second intervals the riders took off. Due to traffic and paper limitations there were 2 spots where I needed to allow a full minute between riders.

Finally Bouwman was gone. Ok. Time to wait for the troops to start coming back in. Hey, what's this? **Fast Karl** and **John Meyers** were coming up the road. This just got more interesting. I logged both of them on the sheet and told them where the turn was, in case California Dan was already gone. I told them they were 6 minutes down (actually 7:30 by the time Fast Karl left). At last they were ready to go. John decided to give Fast Karl a full minute lead. 1..2..3 and John was off. I went over and gave El Stokeroso the Danger Dog some love and then got back to business. By the way, if the Danger Dog urinates on your foot it is considered good luck!!!

The first rider coming in was **Matt Berner**, on the new Blade. 25:07. Considerably faster than the 30:10 he posted in the first TNTT. I would say, "money well spent, Matt!" If Matt improves 5 minutes every TT and does the rest of them all summer he will actually arrive before he starts in the last TNTT.

Second rider in was **Kevin Biek**, in 26:04. Compare that to his first TNTT time of 29:51. By the way, Kevin is a new MTB bike rider and won his age group at the Fort Custer Stampede on Sunday. Next in is the legendary Richard Wolf (aka Pablo the Wolf Cub). He passed someone, because he was actually the 4th rider to start.

The riders started to come in spaced closer now. One of the big questions remained - will rider number 6 beat rider number 5 - the newlyweds **Doug** and **Kathy Kirk**. Doug went out 5th with Kathy 30 short seconds behind. The final? Doug = 27:48 Kathy = 27:12.

As the riders came in I did my best to ID them from as far off as possible so I'd know where to log the time. Because riders were coming in so close together I needed help. **Mark McCormick**, who was doing his first TT ever, loaned me his brother for assistance. Like a well greased Dura Ace hub I checked the rider while he called out times.

Esteemed ride leader **Randy Putt** came down and brought some of his Pharmacia buddies. I recognized **Rollin** and met **Gary**. We had a mix of talent and friends here: from local pro uber rider **John Meyers** to Tri Legends **Fast Karl**, **Megan Smothergill James**, and **Terry Hutchins**; the incredible **Pete Skellenger**. New guys like **Jamie Burns** (or Clark as he claims) and **Tom Noverr**. Club royalty **Doug** and **Kathy**. **Al** and **Deb**. Deb turned in a 33:26 in her first time trial ever. We even had a guy with only 16 miles in so far this year - **Greg Lawford**. There was **Rick Gipert**, who I got to meet for the first time ever. And three guys who make the club what it is; **Dave Newman**, **Tom Keizer** and **Greg Bouwman**.

Back to the ride. I saw Bouwman coming in and he had passed a bunch of folks. 24:50! Eclipsing his past record of 27:04. There were only 2 people left who had any kind of chance of beating that; Meyers and Fast Karl. I informed Bouwman. He understood.

We saw 2 riders coming hard. Fast Karl was still up front but John had put close to a minute on him. At the line it was Fast Karl, followed by John one second later. Elapsed time for John; 25:04. Bouwman delivered the ride that allowed him to hold onto the record at least until 05/21/02. And that is why they call him "The Big Punisher."

Speaking of 05/21/02. If you read the above you can see that this TNTT is for anybody - as long as you are a KBC member. So come on out, and bring a friend with a cell phone and a lawn chair so he or she can drive down and watch the turnaround. Yes I am asking for a volunteer for next time.

*(Editor's note: The results of this time trial can be found on page 8, under **Race Results**. The TNTT series seems to be going well, and is in capable, and enthusiastic, hands).*

### KBC Member Race Results *Reported by Cheryl Olson*

#### 4/20/02 Cone Azailia Classic

The Cone Azailia Classic, otherwise known as "Ann Arbor Roubaix," is a road race consisting of a 7-mile loop with 5 miles of pothole-ridden asphalt and 2 miles of wicked dirt road. B's did 39 miles and A's completed 61 miles. The field was vicious, making the Wednesday night hammer fest look quite leisurely. This ride was the toughest road ride/race I've done in Michigan to date. Hitting the dirt was the equivalent to hitting that mountain climb, blowing the pack apart. I highly recommend this race if for nothing other than great training!

Name	Class	Place
Mark Olson	Category A	14 <sup>th</sup> (of 60)
Cheryl Olson	Category B	40 <sup>th</sup> (of 70)

#### 4/21/02 Yankee Springs Time Trial

Yankee Springs is an 11-mile mountain bike time trial for all classes. Fun, fast single track, with race times ranging from 40 minutes to 1.5 hours. It was a very cold and snowy start to the race.

Name	Class	Place
Mark Olson	Elite	7 <sup>th</sup>
Peter Skellinger	Elite	21 <sup>st</sup>
John Meyers	Elite 35+	6 <sup>th</sup>
Mike Jones	Elite 35+	11 <sup>th</sup>
Cheryl Olson	Expert	4 <sup>th</sup>
Cindy Gippert	Expert	9 <sup>th</sup>
Scott Steurer	Expert 35-44	7 <sup>th</sup>
Mike Miles	Sport 30-34	5 <sup>th</sup>
Richard Neumann	Single Speed	4 <sup>th</sup>

#### 4/28/02 Cannonsburg XC

Another very cold, wet, muddy, mountain bike race. This race consists of a 3.5 mile course with lots of climbing. Elites race 7 laps, experts 6, sport 4 and beginner 2 respectively. This course hurts for all classes!

Name	Class	Place
Mark Olson	Elite	6 <sup>th</sup>
Cheryl Olson	Elite/Expert	3 <sup>rd</sup>
Mike Miles	Sport 30-39	7 <sup>th</sup>

#### 5/5/02 Fort Custer XC

This mountain bike race is one of the longest in distance. It is flat and as fast as they come. It is one of the longest races in distance with the Elite's completing 40 miles, Experts 30, Sports 20 and Beginners 10 miles. It is more like a road race in the woods than a mountain bike race. Riders are often more limited by their ability to navigate single track at high speeds than by their power. This is the course which resulted in the demolition Mark Olson's shoulder, which required surgery, and more stitches than could be counted.

Name	Class	Place
Dan Gillespie	Elite	11 <sup>th</sup>
Peter Skellenger	Elite	14 <sup>th</sup>
John Meyers	Elite 35+	7 <sup>th</sup>
Mike Jones	Elite 35+	10 <sup>th</sup>
Cheryl Olson	Expert	2 <sup>nd</sup>
Scott Steurer	Expert 35-44	2 <sup>nd</sup>
Cindy Gippert	Sport 35+	1 <sup>st</sup>
Richard Neumann	Single Speed	3 <sup>rd</sup>

#### 5/12/02 Brighten Time Trial

This mountain bike time trial is a 12-mile loop consisting of single track and fast two track. Since I've never actually done this one you'll have to ask Mike Miles about it!

Name	Class	Place
Mike Miles	Sport 30-34	1 <sup>st</sup>

(Continued on page 8)

## Coming Events

Here are some upcoming mountain bike racing events for the month of June. My personal top picks would be the Boyne 24 hour race, Hansen Hills XC race and the NORBA races. Boyne offers a fantastic venue, with condos right on the race course. It's a great weekend of riding and spending time with your racing friends. Hansen Hills is an all around fun, fast course with an "up north" atmosphere. A smaller event, but a fun course and a nice town.

If you haven't tried a national course (NORBA), Alpine Valley - Wisconsin is the perfect opportunity. It consists of typical Midwestern single track with no big climbs, so it's perfect for us flat-landers. Snow Shoe will offer some of the toughest single track you'll ever come by, and if it's wet you'll be pretty proud that you completed the race!

June 1 <sup>st</sup>	Bloomer Mountain Bike Time Trial Rochester Hills, Michigan <a href="http://www.tailwind.net">www.tailwind.net</a>
June 2 <sup>nd</sup>	Hansen Hills Mountain Bike Race Grayling Michigan <a href="http://www.funpromotions.com">www.funpromotions.com</a>
June 9 <sup>th</sup>	Tour of Cedar Creek Twin Lake, Michigan
June 14-16	Alpine Valley NORBA Wisconsin <a href="http://www.usacycling.org">www.usacycling.org</a>
June 14-16	Whiskey Creek Mountain Bike Stage Race Near Ludington, MI <a href="http://www.tailwind.net">www.tailwind.net</a>
June 21-23	Snow Shoe NORBA W. Virginia <a href="http://www.usacycling.org">www.usacycling.org</a>
June 22	Ionia Mountain Bike Time Trial Ionia, MI <a href="http://www.tailwind.net">www.tailwind.net</a>
June 30	Bloomer Mountain Bike XC Rochester Hills, MI <a href="http://www.tailwind.net">www.tailwind.net</a>

## May 7, 2002, KBC TNTT Results

- 1 Greg Bouwman 24:50
- 2 John Meyers 25:04
- 3 Matt Berner 25:07
- 4 Fast Karl Kappenman 26:03
- 5 Kevin Biek 26:11
- 6 Pete Skellenger 26:18
- 7 Richard Wolf 26:28
- 8 Megan Smothergill 26:53
- 9 Kathy Kirk 27:12
- 10 Greg Lawford 27:34
- 11 Doug Kirk 27:48
- 12 Randy Putt 28:13
- 13 Jamie Clark 28:30
- 13 Dave Newman 28:30
- 15 Tom Keizer 28:35
- 16 Terry Hutchins 29:02
- 17 Tom Noverr 29:16
- 18 Al Cergol 29:47
- 19 Rollin Richman 29:59
- 20 Rick Gipert 30:32
- 21 Mark McCormick 31:55
- 22 Gary 32:24
- 23 Deb Gray 33:26

**"A lot of people say I've got a problem just because I drink hydraulic brake fluid. But I can stop any time I want."**

*Heywood Banks*

### **KBC Ride Line Survey:**

There is talk afoot about possibly eliminating the **KBC Ride Line**, a move that would shave about \$40.00 a month from the monthly KBC budget.

What is your opinion about this proposal? Do you use the Ride Line? Or do you get most of your KBC information from the website or the *PedalPress*?

Please e-mail me ([zcohen@voyager.net](mailto:zcohen@voyager.net)) with your view on this matter. Zolton Cohen

Tuesday Night Time Trials are held on the first and third Tuesday of each month, 6 PM, Vicksburg High School Parking Lot.

*You must be a KBC member to participate in this time trial series.*

### **Haiku:**

Six burly bikers  
Speeding around a tight curve  
Tomorrow's headline.



## What's the Deal?

by Axel Kleat

You might remember I was nervous about the off season last December. Everybody but me had a something worked out for winter fitness. Some real training plan thought out. I suspected my normal unstructured winter cross-training program of cross-country skiing when there's snow and swimming when there isn't, coupled with occasional bursts of aerobic snow-shoveling, and a few bouts with the—shudder—trainer, or worse—gulp—the rollers, might not be enough, especially since the whole shebang usually nets me an extra 5 or 10 pounds by the end of March.

I just hate getting dropped. Really, totally, despise it. The only thing worse is chasing like crazy to catch, and then being so blown I get dropped again. I've blown out the back of enough packs that I'll do most anything to avoid further damage to what ego remains. So I focused on my conditioning this winter like never before. Twice a week I hoisted free weights till my muscles quivered. I looked at my scrawny biker-body in those big weight room mirrors while I squatted and flexed and visualized my muscles growing to accept the load. I watched the regulars and begged advice from the smart ones. I focused on core body and leg strength.

I ventured outside to spin little gears in atrocious weather wearing my best neon green Michelin man imitation. I performed an all-American 21<sup>st</sup> century oxymoron every week by internally combusting fossil fuel solely to drive my under-inflated lungs to spinning class, where I'd hyperventilate over my own sweat puddles. I spent so much time on the trainer watching cycling videos I know every turn on l'Alp d' Huez.

I paid attention to what I ate—and when I ate it. I read articles. I thought about fat grams and carbs and calories and just how much food my body needed; enough to the point that I actually lost weight over the winter.

I began the season in my best early season condition in years—lighter, stronger, and leaner. And the reading I'd done meant I understood more than ever about getting the most from my new fitness. I had more confidence in my riding than ever before, which of course also conjured up pipe dreams of sneaking off the front or winning an occasional sprint after watching those bike race videos all winter.

I looked forward to the spring riding season to see how my new fitness fit into the peloton. Eventually some decent weather arrived, and some group rides actually came off. No doubt about it, I'm riding really well. My spin is smooth. I have the power to pull through the paceline. I have good acceleration, and I've never climbed so well.

But, what's the deal? All my suffering and studying and starving hasn't put me one bit closer to the front of the pack. I feel great, but I'm still pack fodder. Stronger pack fodder perhaps, but pack fodder just the same. There's just no way I can spend much time at the front at the pace the rest of the boys are covering real estate. No doubt about it—just about everyone else got faster over the winter too.

I'm not the only guy who lost weight, it seems. I don't see anyone who needs to lose winter fat. And the serious cross-country skiers grew strong legs and great lungs. The other guys in the weight room got stronger too. The bottom line is that I've never seen so motivated a bunch of riders around here as this year. I might have figured this out sooner if I used a cyclometer, but I hate those things—they always tell me I'm going slower than I thought I was.

Still, after this winter, I've had to give in a bit to the scientific approach. There's a heart-rate monitor flashing digits up from my handlebar nowadays. My only problem is keeping the fool thing reading low enough to be within what those books say my target heart-rate should be when I'm on the Wednesday night ride!

*(Editor's note: It's best not to believe absolutely everything Axel says about his position in the peloton. Rumor has it that on his 50<sup>th</sup> birthday, which happened to fall on a recent Wednesday night, he captured not just one, but every single sprint on the Hammerfest ride. One hardened Hammerfester said she was moved to tears to see such an unprecedented display of supremacy, power, and strength.*

*A lot of us would be very pleased indeed to be "pack fodder" like that - as Axel so inelegantly describes himself.)*

**KBC** Kalamazoo Bicycle Club  
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**KBC Info and Ride Line-----343-2288**

**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 \_\_\_\_\_

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**