

KBC PedalPress

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The Newsletter of the Kalamazoo Bicycle Club

July 2002

President's Letter:

Well, we're kind of between presidents right now and neither sent in a president's letter. So I guess that leaves it up to me to do the honors.

And what an honor it is. This is a good bike club. The best in town, for sure. We've got the best people and the best bikes. And those two items are so important when gauging the quality of bike clubs.

There's so much going on at KBC this summer it's hard to even concentrate on a real, workaday, for-pay job. Between the weekly club rides (five nights a week), weekend rides, and special rides like the **Old Car Festival Ride** (read the outcome of that particular experience inside), there's little excuse for sitting home and not joining in. And now we're coming up on the **Flowerfest Tour**.

Flowerfest. The name says a lot, doesn't it? Flowers plus festival equals good bike riding, equals fun. That's how I read that equation. Flowerfest is KBC's largest fundraiser—the outcome of which enables us to do so much over the rest of the year. Flowerfest fees in part sponsor the PedalPress printing and mailing, the Tuesday Night Time Trial series in Vicksburg, food and prizes given away at special event rides, community donations to biking related causes, and much more. Have you signed up yet? It's not only a good thing to do from the standpoint of KBC's economics; it's also just a fun time on great roads with your friends. So let's have a big turnout this year - from all the KBC member "family."

It is also worth noting that many of the most dedicated bikers in KBC do not even get to ride in Flowerfest. They give up their ride to volunteer on the day of the event (and also countless hours beforehand), so that others may have fun and ride in safety and comfort. Helmets off to those who do the many thankless Flowerfest tasks.

Flowerfest aside, there is much to look forward to the rest of the summer. The **Ride to South Haven** is coming up on July 13th. Then it's the tough (although Ride Captain Randy Putt promised a less hilly route at the end of the ride this year!) **Ride Around Kalamazoo County** on August 10th. In September we celebrate KBC's 31st year in existence with the **31st Anniversary Ride** on the 14th. Lots to do, lots to get ready for.

On another note, several people have commented to me, and to others at KBC, that the club seems to be elitist in nature. There is a feeling that we cater almost exclusively to the faster bikers in the area. On the outside looking in, it may indeed appear that way. It's no secret that our most popular, and populous, rides are geared toward people who can ride fast. Over the years we have tried to address this issue and have offered to lead slower rides. These were poorly attended and eventually abandoned due to lack of interest. Frankly, it's hard to recruit ride leaders for ANY ride, much less the slower groups. The faster, perhaps more dedicated, riders show up in all kinds of weather; the people who like to ride in these groups keep them together, and that's why the faster groups continue and proliferate. They pretty much run themselves.

Outgoing KBC President Greg Bouwman says we need to stop beating ourselves up over this perceived aspect of "not serving the slower riders." He's right. KBC is a bike club for everyone. If you want to form a riding group that moves at a different pace than the rides currently offered, you can do it. It's not hard to get it started. That's the way the faster groups originally began, with one person saying, "*Hey why don't we...?*" Take the Tuesday Night Time Trials. Tom Cross, one person, had an idea about something he'd like KBC to promote. With his energy and work the TNTT's have become a great success. Look in the mirror sometime. KBC is YOU. You're it. It's your bike club, and it will only be as good as you make it. If you want to get involved at KBC, welcome. Wanna start something at KBC? Something slow and easy? Go ahead. We'll all help. But we can't make people show up and ride. That's up to you.

KBC Wish List

Flowerfest Tour Volunteers.

There is still a need for Flowerfest volunteers on the days before, and the day of, the tour. Paint the roads with us on Tuesday, July 16th (rain date July 18th). Meet in the KVCC parking lot at 6:00 PM.

You could even do a morning shift at Flowerfest registration and then ride in the late morning, or visa versa. Contact Dave Newman at David.Newman@wmich.edu or 375-8105

Next KBC Meeting – Thursday, July 11th, 7:00 PM, Borgess Fitness Center on Gull Road.

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.

Zolton Cohen, KBC PedalPress newsletter editor

June 13th, KBC Executive Board Meeting Minutes.

KBC's regular monthly meeting was held Thursday, June 13, 2002 at the Borgess Fitness Center. The meeting date had been changed via numerous emails among members of KBC's group email because erstwhile Vice-president Karen Sue (see below) has an ongoing work conflict on Tuesday nights. Present were Greg Bouwman, Zolton Cohen, David Newman, Karen Sue Mackaluso, Steve Secondi, Doug Kirk and Mike Krischer.

The first order of business was returning Karen Sue to our presidency in view of Greg Bouwman's imminent move to the Holland area. This was accomplished with no objection whatsoever, and little fanfare.

The next subject was KBC's status as a tax-exempt organization. David Newman explained that we are currently an informal tax-exempt group, but to get the special bulk postage rate we desire to keep our mailing costs as low as possible, we must be formally declared tax-exempt by the IRS. Under duress, Doug Kirk admitted to having the forms for this purpose, and after whimpering about how dreadful they are, promised to hook up with Treasurer Terry O'Connor to attempt their completion.

Next up was **Flowerfest**, and David Newman reported that plans are generally going well, but, as usual, more volunteers are needed, particularly for the day of the event, July 21, 2002. PLEASE contact David if you can volunteer—even part of the day. One job, **painting route arrows on the roads, has been scheduled for 6:00 pm on Tuesday July 18th at KVCC, with a rainout date two days later.** On a disappointing note, David reported that Saturn is not able to send any professional racers to ride with us in Flowerfest this year.

Zolton gave a Treasurer's report in Terry's absence, and rather than repeat the numbers, it is sufficient to say that KBC remains in the black, and is generally holding its own. Spring is a good time of year for new memberships, as well as Flowerfest applications. However, we have only recouped about a third of the \$1,360 cost of the KBC hats. Flowerfest, where the hats will be proudly displayed, will hopefully prove to be a good sales vehicle.

Finally, Karen Sue pointed out that Borgess is now offering group rides from the Fitness Center Tuesdays at 6:00. Their flyer, which labels the group as the "Chain Gang" (Cannondale trademark lawyers take note) states that road or mountain bikes are OK, and leaves the impression that the pace will be leisurely, to say the least. The price? \$5.00 per rider (free to Fitness Center members). A motion was made to surreptitiously send a KBC member on one of these rides and report back on exactly what means they'll use to extract the \$5.00 fee from impecunious souls, the roads still being open to the public at last report. Paul VanSweden was nominated since he generally sits in the back anyway and would therefore draw little attention, but the matter was tabled for the present because:

The meeting was adjourned at 7:50 pm so we all could go watch the Red Wings win the Stanley Cup!

Respectfully Submitted, Doug Kirk KBC Secretary

July Birthdays

Marian Barnes
Michael Birmann
David Bishop
Shawn Busby
Dave DeBack
Chris Elston
Peter Finley
Scott Freer
Languey Gibson
Sherry Gordon
Kristen Gray
Veronica Hapman
Scott Hite
John Howson
Justin Machnik
James McNett
Nicole Newman
Gary Piwko
Diane Place
Austin Rewalt
James Stevens
Bill Strome
Nancy Summers
Janet Teel
Peter & Thannhauser
Steve Vonderfecht
Michelle Wells
Paul Wells

July New Members

Chris Clinard
Keith Eyre
Lahie Family
Dan Hanfland
Sarah Kalkman
Jordan Kalkman
Jason Kalkman
Joshua Kalkman
Kay Kalkman
Henry Kalkman
Michael Lahaie
Nikole Lahaie
Matt Smith
Steve Stapleton
Zoe Teel

July Expiring Members

Lori Allen
Kathy Appledorn
Bob Burke
Ronald Eichaker
Deborah Gray
Tom Nehil
Terry O'Connor
Gail Walter
Bill Watt Family
Ron Wrege
James Wyrick
Sandra Zegerius

Results of the Ride Line Survey Are In!

As some of you may remember, KBC decided last month to conduct an informal poll concerning the **Ride Line**. Ride Line is a phone number (343-2288) you can call to get up to date information on KBC; ride locations and start times, and membership and Flowerfest Tour information.

In recent years content on, and use of, Ride Line has languished. Even now, years after he was KBC President, Richard Walter's voice is on the answering machine. No one had bothered to change it in the years since he moved to California, as there was nothing new to report. You don't remember Richard? Well, that's how old the opening statement and membership messages are on the Ride Line.

So, in a budget trimming mood, a suggestion came up at one of the recent KBC Board meetings to eliminate the Ride Line altogether; a move that would result in saving about 500 dollars a year. We've been monitoring Ride Line usage since then and found that it is primarily used for Flowerfest brochure requests. As most everyone who is interested in biking is hooked up to the Internet these days, it's a pretty safe bet that we could

handle those – and most of the other - requests for information about Flowerfest and membership through KBC's website. The PedalPress, of course, carries monthly ride schedule information. In addition, KBC's presence at kbc-general@yahoogroups.com is a very immediate way of getting in touch with a large number of KBC members in a short period of time.

That brings us to the polling numbers. I requested last month that people interested in keeping Ride Line going, or those in favor of eliminating it entirely, contact me. And here are the results. In favor of getting rid of Ride Line – 0 votes. In favor of keeping it going – 0 votes. Pretty impressive turnout, eh? It's not exactly an earthshaking issue, I'll grant you that. But a 0-0 tie? Sounds like a World Cup Soccer game.

This subject will come up at next month's Board meeting, so if you have any input or opinion about this matter, please get in touch with me before then. But apathy surrounding this entire issue may have spoken loudly enough already.

Zolton Cohen

Vicksburg Old Car Festival Ride *by Dave Newman*

Never been on a special KBC ride? Maybe this review will induce you to try one! *Zolton Cohen, PedalPress editor*

This morning at 9, 10 people met at Vicksburg High School to do the Old Car Ride. Terry, Fred, Zolton, Doug, Kathy, Ron, Dave, and Laurel were on single bikes, and Ron and Laurie were on a tandem. Before we began, Ron and Laurie told everyone not to wait for them if they went off the back.

We started out going West on W Avenue, consequently doing the route clockwise this year. The temperature was in the high 60s, according to my car thermometer, but everyone was in shorts and short sleeves in anticipation of a really nice day. I think it was the first ride all year that I didn't see at least one pair of long sleeves or tights.

Ron and Laurie went off the back within the first few miles, but as instructed, no one waited for them. We saw them again at both rest stops. The first stop was in Leonidas, and the second was in Centerville. Wildlife was sighted along the route, and I don't mean roadkill. There were squirrels and chipmunks, and birdies, oh my! We saw two blue herons, and what we think was a large owl. There were also a good number of wild homo sapiens in search of yard-sale bargains near to Centerville. The drivers in St. Joseph County seemed a bit more patient with cyclists than those nearer to Kalamazoo. Fred hypothesized that it was because they were used to dealing with slow-moving vehicles in the form of horse-drawn buggies. We passed one such buggy near Leonidas, and crossed paths with a larger horse-drawn wagon there as well. Otherwise, the best evidence of the use of horse-drawn transportation was a larger than usual number of horse apples in the road.

As we crossed the covered bridge, we were treated to the sound of an auctioneer. Terry, displaying the musical quality of an auctioneer's patter and the acoustics of the bridge, tried to sell us all on what a great day it was. I think we all recognized the value of what Terry was selling, but there were no bidders since we already knew it was priceless.

The weather was fabulous, with temperatures in the mid-to-high 70s for most of the ride, and the skies were cloudless. We averaged a moderate 17.6 mph. The pace was conducive to conversation, and every rider had a chance to chat with every other rider.

Thanks to Randy Putt for setting the ride up and choosing the route. Thanks to Ron for printing out the maps. Thanks to everyone who came to ride and helped make it fun. I hope to see you all on the road again soon.

BE A RIDE LEADER

Summer weather has tempted us a few days in May and June so far this year. As I write this note the temperature is hovering in the upper 50s with cloudy skies and is more like April than June. The ride calendar is in full swing and attendance at the weekly rides continues to be strong. There are a lot of new faces at the rides this year, which is outstanding. I encourage all of you veteran KBC members to take the opportunity to introduce yourself to rider you don't know every week.

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 how to lead rides with you. In fact, most any experienced KBC rider would be happy to discuss ride leader responsibilities with you. You do not have to wait to be asked. No experience is necessary, just the willingness to ride with a great group of people who enjoy riding their bikes. -- *Randy Putt, KBC Ride Captain*

JULY 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 40 riders each night. The large groups are a mix of veteran KBC members and new members.

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: 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 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 **Tuesday** ride meets at Breakaway Bicycles on Romence Road for a 25 - 30 mile ride at 16 - 18 mph on the 2nd, 4th, and 5th Tuesdays of the month. **Paul Wells, Steve Johnson** and others lead the ride from the bike shop. Some of the leaders plan to ride the Time Trial Series starting at Vicksburg HS on the 1st and 3rd Tuesdays of the month at 6 PM.

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 need a leader
- 25-35 mile group at 16-18 mph led by **Bill Strome**
- 25-35 mile group at 21+ mph led by **Zolton Cohen**

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 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 pace for all these rides is expected to be between 17 – 19 mph, per the designated leaders. Riders of all ride paces are welcome.

If you are interested in a different pace than advertised, call a friend, send an email to me so that I can forward to my ride list, or use the KBC general email group to determine interest in another ride group. The special weekend rides were established by a small group of riders making the ride(s) available to KBC. You can make it happen too.

- The **5th annual Ride to South Haven** with a stop at the beach (100 miles) on Saturday, July 13, led by **Larry Kissinger**. Meet at KVCC in the SW parking lot near the tennis courts for an 8 AM departure time. The pace will be about an 18-19 mph average. Riders will spend at least 1.5 hours in South Haven. If you do not feel like riding 100 miles, ride to South Haven for lunch or meet the group for lunch in South Haven and ride back to KVCC. The route map is available on the web site and paper copies will be provided on the day of the ride. Riders of all riding abilities are welcome. We do need help with leading groups with other ride paces. This is one of best rides of the year.
- The **5th annual Ride Around Kalamazoo County** (100 miles) on Saturday, August 10 at 8 AM led by **Randy Putt**. The pace will be 16 – 18 mph. This ride will stop about 3 times to refuel, so bring food and/or money for food and liquids along the way. This ride is a lot of fun. Riders of all abilities are welcome. We need ride leaders for ride groups at other paces. The ride will most likely start at KVCC in the parking lot near the tennis courts. I am open to suggestions for other starting points if any of you have a suggestion. The 2001 route map is posted on the web page and maps of the 2002 will be available on the day of the ride. Some minor adjustments may be made to the 2001 route to reduce the number of climbs. More details in next month's newsletter.
- The **31st 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

Since the weather is warmer, is there any interest in modifying the start times for the weekend rides to, say 9 AM and 8 AM, respectively? Please respond as soon as possible.

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/), 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.

KBC Member Mountain Bike Race Results *Reported by Cheryl Olson*

5/19/02 Mike Cool Memorial Challenge

The Mike Cool cross country course is a 10 mile loop (3 laps expert/elite, 2 sport, 1 beginner) of single track and cross country ski trails, with some freshly mowed farmed fields for trail in a few sections. Although there are no significant climbs, the rarely used trail is tough traveling and requires lots of power. The bonus this year was the 10 degree drop in temperature 15 minutes into the race, followed by snow flurries for the remainder of the race. My choice of shorts and short sleeves was a big mistake!

| Name | Class | Place |
|--------------|--------------|-------|
| Cheryl Olson | Expert Women | 1st |

5/19/02 Addison Oaks Cross Country

The Addison Oaks Cross Country course is notorious for being a spring mud bath. This year the promoter cut some of the muddiest sections to make the course more enjoyable than usual. Great job fighting off the mud Scott and Richard!!!

| Name | Class | Place |
|-----------------|--------------|-----------------|
| Scott Steurer | Expert 35-44 | 2 nd |
| Richard Neumann | Singlespeed | 2nd |

5/25/02 Boyne 24 Hour

The Boyne 24 hour was once again a fun filled weekend at a great venue. With condos right on the course, it makes for a great day of hanging out with racing colleagues. We did have rain once again about 3 hours in, which lasted for about 5 hours making the course more challenging than usual. As you can see by the results, KBC had a great presence at the race this year!

| Name | Class | Place | Laps |
|--|----------------------------|-----------------|------|
| Jedi Pimps Tom Cross, Greg Bouwman, Chris Witmere, and Chad Brewer | 4 person, men's sport | 2 nd | 24 |
| Arcadia Brewing Scott Steurer, Mike Jones, Pete Skellenger and Andy Weir | 4 person, men's expert/pro | 4 th | 27 |
| Olson/Neumann/Insley Mark Olson, Cheryl Olson, Richard Neumann and Steve Insley | 4 person, open mixed | 1 st | 27 |

6/02/02 Hansen Hills

This course consists of single track and cross country ski trail with a good amount of climbing. The course is a 5 mile loop with Elites completing 5 laps, Experts 4, Sport 3 and Beginners 2. I guess Mark should not have done those 16 power intervals with me the day before the race!

| Name | Class | Place |
|------------|-------------|-----------------|
| Mark Olson | Elite | 17th |
| Mike Miles | Sport 30-34 | 1 st |

Coming Events for July

Lots of great racing in the coming month! If you don't plan to take on the NORBA at Snow Shoe, the Marquette Mountain Chase is a great stage race with a King of the Hill competition, Cross Country Race, Time Trial and Road Races. Pando is a fun, fast course and close to home, while Boyne offers a great training course with lots of single track and more climbing than most Michigan trails.

June 30 Bloomer Mountain Bike XC
Rochester Hills, MI
www.tailwind.net
July 7 Pando Cross Country
Rockford, MI
www.funpromotions.com

July 14 Boyne Challenge
Boyne Falls, MI
www.funpromotions.com
July 21 Ruby Cross Country
www.tailwind.net

Tuesday Night Time Trials with Tom Cross

Sometimes all it takes is one person with a good idea. Tom Cross and a few other committed KBC riders had this idea last year about putting on a time trial series for KBC members. He came to the KBC Executive Board with his proposal, soliciting support and funding, and the rest is history – fast history. Tom's got the time trial going great guns down in Vicksburg on the first and third Tuesday night (6:00 PM) of each month.

Ridership in the time trial is increasing each week. Bikers are getting used to the format, route, and the way things are being run. Former non-members are signing up with KBC in great droves in order to be able to participate in the series. People are showing up to volunteer to run the event; Dave Newman brought his laptop last week and was able to instantly (and accurately!) post rider times, place finish, and miles per hour. If you haven't tried a time trial yet, put on your best aerodynamic gear, arrive in time to fully warm up, and ride the ten mile course as fast as you can. Volunteers will help you get started. It's a good way to measure your training progress over the course of the season.

For those who have never done a TT before, here's how it works: Get to the Vicksburg High School parking lot early. Sign in with the volunteer taking names of the participants that night and get assigned a start number. At 6:00 PM, riders line up in number order along the south side of W Avenue and are sent off at 30 second intervals easterly on the route. You ride as hard and as fast as you can for five miles, turn around the cone and the volunteer spotter, and head back toward the finish line. It's an out and back route, so there's no navigational thinking required. There is traffic along this road but so far it has not proved to be problematic. After everyone is finished, the results are read to the assembled group, and dice are thrown to determine whose time wins a prize that night. Here are the results of the June 18th TTTT.

| Time | MPH | Name |
|----------|-------|------------------|
| 00:23:11 | 25.88 | John Meyers |
| 00:24:22 | 24.62 | Karl Kappenman |
| 00:25:04 | 23.94 | Greg Bouwman |
| 00:25:49 | 23.24 | Chris Barnes |
| 00:25:53 | 23.18 | Dan van Sweden |
| 00:25:54 | 23.17 | Richard Neumann |
| 00:26:12 | 22.90 | Matt Smith |
| 00:26:20 | 22.78 | Dave Sperry |
| 00:26:20 | 22.78 | Jamie Clark |
| 00:26:38 | 22.53 | Rob Nicey |
| 00:27:04 | 22.17 | Brad Fry |
| 00:27:12 | 22.06 | Steve Bognasti |
| 00:27:26 | 21.87 | Randy Putt |
| 00:27:27 | 21.86 | Paul Raynes |
| 00:27:52 | 21.53 | Tom Noverr |
| 00:27:59 | 21.44 | Terry Hutchins |
| 00:28:07 | 21.34 | Sally van Sweden |
| 00:28:10 | 21.30 | Dave Hanfland |
| 00:28:25 | 21.11 | Brian Yost |
| 00:29:05 | 20.63 | Rick Smalsried |
| 00:29:08 | 20.59 | Richard Wolf |
| 00:29:15 | 20.51 | Scott McAllister |
| 00:29:48 | 20.13 | Mark McCormick |
| 00:30:08 | 19.91 | Bob Gray |
| 00:30:08 | 19.91 | Chris Clinard |
| 00:32:33 | 18.43 | Bob Schuler |

24 Hour Challenge *reported by Zolton Cohen*

Overheard at the 24 Hour Challenge Race, "You're going to McDonald's? Bring me back numbers one through nine on the menu."

Think you're tough? These KBC riders are. They entered and participated in the National 24 Hour Challenge ride in Middleville on June 13th. The idea is to ride as far as you can in 24 hours – through day and night. You can stop and rest, eat, or just take a break whenever you wish. But the person with the highest mileage wins, so there's little dawdling from the serious bikers out there.

To see this event in motion is fascinating. It's like the early days of the Industrial Revolution. Lots of lean, sweaty bodies; salt-crusted and exhausted. It's a grueling ride, made worse this year by continual high winds, cold, and a passing lightning storm that halted the race for close to an hour. And then came the night loops.

Kathy Kirk, who trained nearly a year for the Challenge, unfortunately had to abandon the course when a car turned in front of her, causing her to crash. She had piled up over 200 miles in about 12 hours. Kathy's all right now, but that had to be disappointing. Dave DeBack, KBC's Iron Horse, racked up an astounding 360 miles. Congratulations to these strong athletes.

| | |
|----------------|-------|
| ▪ Dave DeBack | 360 |
| ▪ Rick Whaley | 289.6 |
| ▪ Al Cergol | 289.6 |
| ▪ Greg Bouwman | 210 |
| ▪ Richard Wolf | 208 |
| ▪ Kathy Kirk | 204.2 |
| ▪ Tom Cross | 170 |

Blood, Bone, and Aluminum on the Roadway *by Zolton Cohen*

“We have met the enemy, and he is us.”

Pogo

A large group of Kalamazoo Bicycle Club cyclists successfully negotiated the northwestern turn from M-43 onto East Gull Lake Drive on Friday, May 31st. Participants in the weekly “Tour de Gull,” a fast 27 mile ride around Gull Lake starting in the parking lot of Billy’s Bike Shop in Galesburg, they rode in one, large, unruly pack. Attendance was high on this rare warm evening, perhaps 45 riders in all. The pace was fast, the pack was tight, and no one was conceding an inch of pavement to the other bikers. In many cases they rode three abreast, flouting both the law and common sense.

Just past this turn trouble reared its ugly head. For those in the back third of the pack the first warnings were hasty shouts. “Stopping!!!” “Crash!” “Slowing!” Then there was the ghastly sound of metal being bounced on rough pavement; like someone dragging a shopping cart down a small set of steps – on its side. A silver bicycle flipped improbably through the air, upside down with no rider aboard. Brakes squawked. Bikes swerved, some into the oncoming traffic lane, others into the ditch on the right side of the road. More shouts. And then Dave Bishop was lying in the road on his back. His hand clutched his shoulder; eyes shut and face clenched in a painful grimace.

The bikers in front, hearing the commotion behind them, circled around to see what could be done to help. Several gathered around Dave, helping him to sit up. Someone directed automobile traffic. Cell phones appeared and people started dialing emergency numbers and spouses. The more mechanically inclined worked on the bikes, trying to straighten bent handlebars and twisted handlebar stems, checking forks and frames for structural damage. Those with medical or bike crash knowledge worked on the victims. Jamie Clark had also gone down, badly abrading his flesh and raising welts all over his body. His forehead and chin bled. Broken bicycle helmets lay on the ground.

A very kind woman in a very large pickup truck stopped and asked if she could help. There was enough room in her vehicle for 4 bikes and 4 riders.

She drove them back to Billy’s, and from there friends took the injured to local hospitals.

The final total was one broken collarbone for Dave Bishop and lots of road rash and contusions for Jamie Clark. Jamie’s bike suffered a broken derailleur, a scuffed seat, and other bumps and bruises. Dave’s Giant CFR came away with a bent handlebar, but his new high zoot wheels miraculously made it through the crash intact.

Nearly ignored in all of this were the helmets. Once again helmets had saved crashing bikers from serious head injuries. When a head in a helmet hits a hard object, in this case the road, the helmet is designed to absorb the blow and fracture – so the skull doesn’t. Additionally, as the helmet breaks and the foam crushes under the impact, it soaks up energy. This cushioning action prevents the brain from coming to a hard stop against the inside of the skull, lessening the chance of internal injury, bruising, and bleeding. Helmets work. They flat out work. And they save lives.

Biking in large groups, as we do in KBC, can be hazardous. This factor is not to be taken lightly. We need to pay attention to what is going on around us; to pay attention to cars, dogs, other riders, and road hazards. It’s a dangerous world we ride in. And some of that danger comes from proximity with our friends on bikes only inches away. Dave and Jamie will mend in time. In fact, Jamie is already back on the bike and riding as well as ever. His skin has healed remarkably fast, due, he says, to a substance called Second Skin, applied at the hospital. Dave’s injury is requiring weeks of rest and rehabilitation.

What caused this crash on the Tour de Gull? It’s hard to say. Someone may have moved over into Jamie’s bike or contacted someone’s wheel somewhere. Dave says he ran over Jamie as Jamie was being thrown from the bike. It was a bad scene, and pointing fingers of blame won’t undo the accident. But it could have been far worse. The people in back of the crash managed to keep their bikes up and didn’t cause further problems. That might be due to good bike handling skills and experience – and luck. But let’s not forget the helmets in all of this. They saved the day once again. Let’s be careful with each other out there.

Prime Time by Axel Kleat

Outdoor Live Network is clearly to blame. And I'd have to say it's absolutely unbelievable how they've done it. There just wasn't much bike racing on television until OLN began showing lots of first-rate, up-to-date racing, then live and prime-time, same-day coverage of all three major grand tours. Now when Phil, Paul and Bob grace the airwaves, I'm glued to the set. Dozens of names in the European peloton are familiar to me. I know who the tough men are, the danger men, the climbers, and all that stuff. I'm getting to understand a bit of strategy and, yes, I'll admit to being completely enthralled by a good final sprint down some tiny French hamlet's beautiful main street packed to the rooftops with rabid fans.

Bicycling's my sport. And like any sports fan, I'm in awe of people who are faster and stronger than me. The guys in the European peloton are the best in the world; the NBA of bicycling. I can barely imagine how much faster they go than us mortals.

So I can't be blamed for imagining how totally cool it'd be to line up with those guys, can I? So what if I'd be out the back before they left the neutral zone at the start of the stage? They're doing exactly what I do—they're riding their bikes in a pack full of people they know and ride with all the time. It's natural enough, if you ask me, that I imagine being one of them. In the thick of things—maybe suffering up some mountain pass with a name full of apostrophes and letters you don't pronounce, while I lie on the couch digesting dinner.

Seriously, can you imagine the thrill of signing in each day before the start in a grand tour? Can you imagine your nerves as you straddle your custom made, featherlight time-trial bike in the start house looking down that steep little ramp as some overweight French guy who was probably a national champion thirty years ago counts down the last five seconds...*cinq, quatre, tres...ALLEZ?* Or hanging out in the team bus with your teammates and *director sportif*, planning the day's strategy? How about daily massages, 8,000 guilt-free calories a day prepared by gourmet chefs, state-of-the-art equipment and professional mechanics tending to your every whim? And even though it might get old after a while, wouldn't it

be a kick to step out of the bus and be mobbed by fans begging for your autograph?

How about a day in Mario Cipolini's cleats? Taking on the best sprinters in the world for a stage win, having one team member after another give everything they've got to set me up, tangling elbows and bumping shoulders at 35 or 40 miles per hour struggling for the best position, then summoning every last bit of energy to crank the bike up over 45 mph to power past everyone and be first to the line?

Okay, so I'm not exactly getting offers from the Division One teams. But still...wouldn't I just love to take my pulls on the Hammerfest some Wednesday night, then drift to the front of the pack at the bottom of the hill on Ravine Road, crank my head around, give everyone "The Look" and proceed to ride them all right off my wheel, daring anyone to try and hang on? Yeah, I know it's still a fantasy, but it's not quite so far off the reality meter.

And so it was that I tried to take an honest assessment of my ability and my legs the other evening as a Friday club ride turned up the wick heading toward the final sprint outside Galesburg. I felt good, I had good legs. I was near the front of the group. Might just have to see what damage I can do...

The pace kept picking up. Riders were falling off the front while others jockeyed for position. A couple of early efforts to slip away just ratcheted up the pace to reel them back. I thought about staying low and "dosing" my effort, like those Europeans do. Just one guy in front of me now, and he's flying...the finish line no more than a quarter mile ahead...I just might be in the right spot...I'm itching to go but I bide my time...Now!

I shift up and stand...I sprint past the guy just as hard as I can...don't want anyone grabbing MY wheel. I'm in the clear—no one in front of me—my legs are screaming but I'm focused on that sign ahead...Then—what the...a bicycle train blows by on the left—one, two, five, nine, aw forget it...Where'd they get all that speed? From leader to *lanterne rouge* in a couple hundred yards.

Time to sit up. Back to reality. Prime time for me is best spent on the couch. Pass the chips!

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KALAMAZOO BICYCLE CLUB MEMBERSHIP APPLICATION

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

Renewal? Yes No

Please Print

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 City _____ State _____ Zip _____
 Phone _____ Birthdate _____
 E-Mail _____

Family Member Names

Birthdates

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

Signature _____
 Parent's Signature (if under 18) _____

Interested in working on KBC Events?
 Yes No

Rider Category:
 Fitness Casual Competitive

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