

KBC PedalPress

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The Newsletter of the Kalamazoo Bicycle Club

October 2003

President's Letter:

Miscellaneous Autumnal Ramblings

KBC's annual elections are coming up soon. We take nominations at the October general meeting for President, Vice-President, Secretary and Treasurer, then vote at the November general meeting. All KBC members are eligible to run for office and to vote. Contact any Board member (see back page for contact information) to nominate yourself or any other member, and PLEASE plan to attend the November meeting and vote.

Any day now, they'll be taking down the grapes in the vineyards southwest of Kalamazoo. The smell of fully ripened Concord "God's bottles," as my mother calls them, is wonderfully intoxicating. If you haven't filled your nostrils yet, pedal yourself downwind from a big vineyard pronto. The closest vineyard to town is on 8th Street, a bit south of its intersection with Q Ave. at Texas Corners. Want more? Take a right on R Ave. and head west toward Lawton.

As the days get precipitously shorter lately, I'm grateful we live at the western end of the time zone. It may be dark at 8:00 pm now, but across Lake Michigan, it's dark at 7:00 pm. That extra hour makes a huge difference for riding after work in the spring and fall. Enjoy it while you can, as daylight savings time ends later this month.

And on a less cheerful note, I read that a bicyclist in Grand Rapids was hit by a horrified delivery driver recently. The driver said he couldn't see the cyclist because the sun was in his eyes. As the days get short we're out riding close to sunset, so it's prudent to think about your position relative to the sun and the cars overtaking you.

Be safe and I'll see you on the road,

Doug Kirk, KBC President

KBC Wish List

In this issue of the *PedalPress*, we may very well talk of KBC's Wishes being fulfilled. Well, some of them anyway.

In response to club Board Member vacancies opening up due to the recent community job losses and other factors, some of you have stepped up your involvement in KBC.

Michele Intermont and **Mary Cohen** have agreed to be co-Social Directors for the next year.

On Saturday, September 20th, they put on the first event of their tenure, the **32nd Anniversary Party**. The food was great, as was the conversation at this friendly gathering. And plans are in the works for the **Recovery Party** sometime deep in the winter months. They'll keep you posted via the *PedalPress* about their progress and plans...

Chris Barnes and his family have volunteered to take on leadership of the **2004 Tuesday Night Time Trial Series**. In talking to Chris and Marian at the 32nd Anniversary Party, it sounds as though they have a number of good ideas cooked up to make the TNTT interesting and challenging next year. Here's a hint: start thinking about a time trial team you'd like to put together...

Chris and Marian come from a bike racing background and should be able to provide good energy and insight into the TNTT.

Finally, the **FOG (Flowerfest Organizing Group)** reports an upsurge in interest and volunteers helping to plan next year's Tour. Seven members attended the first organizing meeting.

On a sad note, it sounds as though the **Saturn Racing Team**, which for the last several years has provided us with one or two of their team members to ride at Flowerfest, has been dissolved. More details about this in an upcoming issue.

Upcoming KBC Events:

While the KBC ride and social seasons are pretty much over for the year, club meetings go on as before. **Next KBC meeting: Tuesday, October 14th, at the YMCA on Maple Street in Kalamazoo. 7:00 PM.**

The October meeting is an important one, as nominations for club Board of Directors members are taken at this time. See you there.

September, 2003, KBC Minutes

KBC's regular monthly meeting was held Tuesday, September 9th, 2003 at 7:00 pm at the Kalamazoo YMCA located on Maple Street. KBC president Doug Kirk led this monthly meeting. Present were Doug Kirk, Kathy Kirk, Paul Bruneau, Terry O'Connor, Jeff Newman, Mike Boersma, Brad Fry, Mike Krischer, Mike Lahaie, Dave Jones, Mark Murray, Tom Keizer, and Randy Putt.

The September meeting opened with a continuation of the discussion from last month exploring potential projects for the club to fund in the coming year. KBC Treasurer, **Terry O'Connor**, reported that the maximum amount the club could spend was \$5,000. Support was provided for several ideas mentioned last month, including establishing a seat library for club members, and purchasing bike racks for area businesses.

Doug Kirk offered the unique idea of evaluating the potential for the old test track at the *Checker Motors Corp.* property on Burdick St. to serve as a recreational area for cyclists and rollerbladers. These ideas will be further explored at future meetings.

Paul Bruneau suggested registering a domain name for the KBC website to allow for easier access. **Jeff Newman** will explore this concept further by investigating available domain names and discussing the proposal with KBC Webmaster, **Larry Kissinger**.

Next, **Doug Kirk** reminded those in attendance that KBC elections were scheduled for November's regular monthly meeting. KBC members interested in club positions should contact **Doug Kirk** or **Jeff Newman**.

Club T-shirts and hats are still available. 2003 Flowerfest T-Shirts are available for \$10 and hats have been marked down to \$5. **Zolton Cohen** and **Tom Keizer** will handle transactions of the remaining items.

Mike Lahaie expressed interest in designing a new club jersey to be offered to KBC members. Mike will explore conceptual designs with potential vendors for the jersey and report back at a future meeting.

Finally, **Mike Boersma** noted several items of interest from the League of Michigan Bicyclists, including signage for club events and also speakers for club meetings. **Doug Kirk** expressed interest in these two points and both items will be discussed further at future meetings.

With no further business to attend to, the meeting was adjourned at 8:00 pm.

Next KBC meeting, Tuesday, October 14th, 7 PM, YMCA building on Maple Street.

Respectfully submitted,

Brad Fry, KBC Secretary

October Birthdays

Rochelle Birmann
 Deb Gray
 Thom Collins
 Michele Cudahy
 Bill Duggan
 Rachel Farrell
 Jan Fouts
 Brendan Gaff
 Rick Gippert
 Sherrie Glas
 Paul Grabowski
 Jud Henrie
 Giti Henrie
 Mike Higgins
 Tom Keizer
 Harry Kraus
 Mark Krook
 Douglas Northcott
 Marjorie O'Connell
 Susan Peterson
 Mark Prairie
 Kevyn Raynes
 Sam Watt

New Members

Matt Gaffner
 Roy Richardson
 Ann Richmond

Expiring Memberships

Harry Kraus
 Mark Prairie
 Joel Servais
 David & Karen Watt

Moving?

If you're moving from your current address, please contact KBC database manager **Kathy Kirk** and let her know. This saves KBC time, money, and effort tracking you down when your *PedalPress* comes back...

LaLonde To Ride for Juvenile Diabetes

Dear KBC friends, family, and co-workers,

Every once in a while something happens in your life that motivates you to become involved in a worthy cause. Last year my grandson, Jacob, age two, was diagnosed with type 2 diabetes.

Jacob's diabetes means that his pancreas does not make sufficient insulin to regulate his blood sugar. Without 7-8 daily injections of insulin and at least 8 blood checks his blood sugar would increase to such high levels that it could put him into a coma and eventually cause his death. Keeping up with this schedule has been a great challenge for his parents.

There is hope for a cure or easier management of Juvenile Diabetes in the future. I'm planning to support that hope by representing Jacob in this year's **Juvenile Diabetes Foundation (JDRF) Ride to Cure Diabetes**. I'd like to ask your support in this endeavor.

On October 25th of this year I'll bike 62 miles in Death Valley, California to raise a minimum of \$3,000 in sponsorships for diabetes research. Your tax deductible donation will help JDRF advance its mission to fund research and find a cure for juvenile diabetes; a disease that strikes children suddenly, makes them insulin-dependent for life, and carries the constant threat of devastating complications.

JDRF has provided more than 600 million dollars to diabetes research worldwide, and 85 cents of every dollar donated goes to research and research education.

Please help me as I ride toward a realistic goal; a world free of diabetes. I am asking you to help sponsor me on my 62 mile ride. Your tax deductible pledge can be sent to me, payable to JDRF, **Barbara LaLonde, 7607 South 12th Street, Portage, MI, 49024**. On behalf of Jacob and the 17 million other Americans living with diabetes, I thank you in advance for your support!

Barbara LaLonde.

September 16, 2003 Time Trial Results

Place	Rider	Time	MPH
1	Mike Miles	23:07	24.66
2	Ken Fouts	23:22	24.40
3	Chris and Marian Barnes	23:32	24.22
4	Paul Pancella	24:04	23.69
5	Keith Wilkinson	24:27	23.31
6	Matt Gaffner	24:28	23.30
7	Paul Raynes	24:43	23.06
8	Rick Whaley	25:00	22.80
9	Terry Hutchins	25:09	22.66
10	Randy Putt	25:20	22.50
11	Tom Noverr	25:40	22.21
12	Ron Newhouse	26:35	21.44
13	Pastor Dale Krueger	27:06	21.03
14	Jeff Harrison	28:16	20.15
15	Andrew Florian	28:21	20.10
16	Pat Wolf	29:21	19.42
	Richard Neumann/Kara		
17	Adzima	31:03	18.35

TNTT News

The Tuesday Night Time Trail series is over for 2003. KBC would like to thank **Nicole Newman** for administering the TNTT this year, and also son **Graham Newman** for providing commentary and illustrations during the event.

Nicole's math wizardry was invaluable all year during the post-ride timing and placement calculations, and her season-ending pan of brownies was most welcome by both riders and TNTT administrators. Thanks Nicole for being KBC's Time Trial Queen this year!

Young Graham, with nearly 500 miles in this summer already, looks as though he'll be one to watch in the coming years. He did several TNTT's this summer, flogging his dad Jeff on to higher speeds on the back of their tandem.

Chris and Marian Barnes have volunteered to take on the TNTT next year and will be asking for some help along the way. They'll need volunteers to time and spot the riders as they finish, as well as people who are fast on their feet in a math sense. Oh, and some brownies every now and then would be nice!

Some Thoughts from Randy Putt, KBC Ride Captain, Concerning 2003 Rides

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

There were many new riders this year mixed in with the veterans. I know I met many new cycling enthusiasts. There was a lot of socializing before, during, and after these rides. It is wonderful to hear chatter from the riders in all the groups. It indicates to me that riders are having fun. Let's continue to build on a successful year 2003.

We had six successful special weekend rides including the W Ave Ride in April, the Old Car Festival Ride from Vicksburg in June, a ride to South Haven and back and the new family ride in July, a ride around Kalamazoo County (RACK) in August, and the 32nd KBC Anniversary Ride in September. These rides were well attended (10-25 riders on each). We plan to continue these rides next year and there is always room for more weekend rides.

The fall weather remains beautiful for riding, yet we are approaching the end of another riding season. The fall colors will be peaking soon and several great-organized rides are available in October. DALMAC and the Vineyard Classic Ride are behind us. Both rides entertained a KBC contingent and the riders were treated to fabulous weather. The Turning Leaves Century in Dowagiac, however, has been cancelled this year.

For those who like a challenge, check out the Columbus Fall Challenge October 4 and 5. I rode this one with ~400 other riders a few years ago and can verify that it is a challenging ride. The route each day is 100 miles with numerous hills significantly more challenging than 6th St hill just south of Alamo. We don't have hills like that in Kalamazoo County. Also, the Hilly 100 in Bloomington, IN on October 18 and 19 is a great way to end the touring season. The Hilly 100 attracts more 5,000 riders from across the Midwest. All the riders are on the same route. The ride is a lot of fun and you will never be alone on the route. Make sure you bring your climbing legs. I highly recommend both of these rides.

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

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

October Ride Calendar

Summer can't be over yet!! There is still a lot of good riding left in October. In October we lose light at a rapid rate in the evening, so **all weeknight rides begin at 5:30 PM**. At the discretion of the ride leaders we can keep the start a bit flexible the first couple of weeks of October. However, daylight does start to diminish rapidly late in the month. **It is a good idea to equip your bike with a flashing red taillight, at least.** When the weather is suitable, the rides will continue through October or until the time changes back to standard time. KBC sponsored weekly rides end for the year at the end of October.

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. The maps for the Monday, Wednesday, and Friday rides can be found on the KBC website (www.angelfire.com/mi/kbc/). Maps are also available from the ride leaders at the start of each ride.

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

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

- 15-20 mile group at 10-12 mph no leaders
- 15-20 mile group at 13-15 mph led by **Mike and Sherry Higgins, Cliff Muller, and Luanne Cali**
- 25-30 mile group at 15-17 mph recovery group led by **Randy Putt and Zolton Cohen**
- 25-35 mile group at 18-20 mph led by **Terry O'Connor and Fred James**
- 25-30 mile group at 20+ mph no specific leader

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

The 10-15 miles groups will generally ride the same route. The 10-15 mph groups are recommended to new riders who are not certain where they fit in. These groups typically ride to Schoolcraft and may take a break for ice cream (when it is warm).

For more experienced riders who are new to the club the 15-18 mph groups are recommended.

- The Recovery Ride Group (16 – 17 mph at a steady pace) is for riders who are interested in a steady pace with lots of conversation; riders new to group riding or who may be a bit nervous about riding in a group; or more experienced riders. *It makes for a good "recovery" type ride for experienced riders* The leaders hope to help teach some group riding techniques and help riders feel more comfortable riding in a group. No one will be left behind in this group. There has been a consistent group of riders in this group and yes, the pace is at around the posted 16-17 mph average.
- The 18 – 20 mph groups are for riders who are interested in improving their skills and speed to move into a faster group. The leaders plan to promote pace line skills and improving bike-handling skills. The two faster groups are for more experienced riders. The 18-20 mph group typically stays together while the 20+ mph group can splinter into smaller groups. These groups may be combined depending on the number of riders.

The Tuesday and Thursday rides are finished for the year.

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

- 25-30 mile group at 16-18 mph led by **Bill Strome**
- 30 mile group at 19 – 20 mph led by **Tim Stewart and Ron Gauthier**
- 30 mile group at 22+ mph led by **Zolton Cohen** (the Half-Fast Ride)
- 46 mile Hammerfest at 23++ led by **Doug Kirk**

Bill works hard at keeping this group together. It is a great ride in the hills NW of Kalamazoo.

Zolton's Half-Fast Ride is going well again this year. It is one of KBC's most popular rides. Zolton does a great job keeping this ride going. Its success is due to his efforts in making this a fun, safe, and fast ride. Due to the pace of this ride, some riders may be dropped from the main group.

New group - Tim Stewart and Ron Gauthier will lead a 19 – 20 mph ride, usually on the Half Fast Ride route.

The Wednesday night Hammerfest starts at the Kal-Haven Trail Parking lot at 6 PM in May and for the rest of the season. The pace of the ride is typically greater than 23+ 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. The group can fragment into smaller groups and the riders often times do not finish together. This ride is hard and is not suitable for inexperienced riders. Some riders can expect to be dropped from the main group.

The Friday Tour de Gull meets at Billy's Bike Shop in Galesburg for a ride around Gull Lake (27 miles). This ride typically consists of two groups. Additional ride groups are welcome. It is a great route of rolling hills and curvy roads and fast and furious finish for the 20+mph group.

- 16-18 mph group leaders TBD
- 21+ mph group led by **Randy Putt** and others TBD

The route for this ride is well established so the ride leader job is easy. Give it a try.

DALMAC Adventure

By Terry O'Connor

Editor's note: Many KBC riders take part in the DALMAC tour each year. Here's KBC Treasurer Terry O'Connor's account of his experience in the 2003 version.

Upon arrival at MSU for the first day of riding the DALMAC, I stopped a gentleman in the parking lot and asked him to take a photograph of my brother-in-law, Rodger, and I as we started our trek north. Rodger said later, "that guy was Dick Allen" - as in the "Dick Allen Lansing to Mackinaw City (DALMAC)" bicycle tour. Dick Allen was riding with the Four Day West group this year.

On day three of the tour, at a raffle give-away, Dick Allen was called up onto the back of a U-Haul truck to say a few words. He said, "No, I am not dead, I'm just an old state legislator making his way north just like you."

A Bit of History:

Dick Allen said he started the ride 33 years ago on a lark. Since he supports non-motorized transportation, bicycles, bicycle paths, rails-to-trails, etc., he sent a bill to legislature requesting funds to support these kinds of activities. Unfortunately, his bill did not go to the transportation department. It wound up in the parks and recreation committee.

The parks and recreation committee chair stated that bicycles only belong on sidewalks! Dick quickly responded with, "Well, there are no sidewalks from Lansing to the bridge." The chairman thought he was nuts.

Always fast with a response, Dick said, "I have a group heading North over Labor Day Weekend." Of course that was a stretch of the truth, but he thought it would add credibility to his statement. So Dick Allen gathered twelve friends and family members together at the Capitol Steps and with a police escort headed out of Lansing to establish the first DALMAC. And subsequently he was able to obtain funding for bicycles.

"The ride has changed because no one uses the bike seat name tags for messages anymore," Dick stated. "It used to be that a girl's tag might say 'Julie - 21 and single.' That always caught someone's eye and gave the riders something to talk about. Now you're lucky to get a 'Harry from Detroit'. I understand that Dick's seat tag says, 'Dick Allen - yes, that one.'" Dick further said, "I'm older now, but I don't need a group of over-weight and balding riders calling me Mr. Allen. I'm Dick."

It was a privilege to hear Dick Allen speak. He encouraged all the DALMAC riders to stay close to their

local and state representatives to promote bike activities, especially through events sponsored by the League of American Bicyclists and Rail-to-Trails. And, perhaps our own Kalamazoo Bicycle Club could do more to support our local bike paths.

As you may know, the DALMAC Bicycle Tour has grown astronomically into a huge event with five different rides: Four Day West, Five Day West, Quad Century, Quint Century and Four Day East, with over 1,700 riders participating. Almost a million dollars has been raised through DALMAC to support bicycle activities in Michigan. The DALMAC is a wonderful pinnacle to a great year of riding as the 2003 season winds down. You may want to consider signing up early next summer for the 2004 ride!

Terry's Ride:

My 33rd DALMAC Bicycle Tour Four Day West ran from East Lansing to the Mackinaw Bridge. Brother-in-law Rodger and I completed the 350-mile ride and had fun doing it. The following remarks summarize our August 28- September 1, 2003 ride.

Day One: Started from the MSU Pavilion at 8:30 AM on a sunny Thursday morning with a SE wind at 10-15 mph. On the bike the wind helped push us north to Dewitt, then to the Pettinton VFW Hall for lunch with the other 600 riders with us on this route. Cruised 15.5 mph through Alma, Sheppard, and then finally Mt Pleasant where we camped at CMU about 3:00 PM. Very nice showers and eating facilities.

Day Two: Threatening rain and a NW wind gusting 15-20 mph. Sun out by 10:00 AM and watching for tacks at Lake George. Several cyclists had flats due to some kids playing a joke on us cyclists. Rushed through the rest stop at Falmouth and onto Lake City. Cold shower and primitive bath facilities, but the evening's entertainment helped. The band leader of Lake City High School played the guitar and other instruments and after an excellent turkey, mashed potato and gravy meal it was lights out at 9:00 PM. Tent and hard ground felt good after a headwind all day for 80 miles, and only averaging under 15 mph.

Day Three: Headed North to Central Lake High School. Morning start was cold with jacket and leg warmers required. About 55 degrees until sun came out to warm us up. After the SAG stop at Fife Lake and spurred on by the Quad Century riders, we sprinted out to Elk Rapids and Alden for a quick tuna sandwich next to the Muffin Tin, a regular stop for the riders.

Led a peloton around Torch Lake, which is aqua and picturesque with mighty pine trees and sand surrounding its shores. Then up the steep hill into Central Lake High School for camping. Successfully completed another 80 miles with great conversation enroute, and then ate corn-on-the cob and grilled burgers.

Day Four: Last day! Cold morning with sun just coming up. Dairy and horse farms and plenty of rolling hills. Into East Jordan to attack the "Wall". This hill starts gradually and then goes up at what seems to be a 44-degree angle for 100 yards. My heart monitor normally runs 140 but it popped 179 as I crested the hill! Got my camera out and caught a Kalamazoo couple making the climb on a tandem.

Next, on to Boyne City, Walloon Lake, Petoskey/Bay View and Harbor Springs with views of all the beautiful old homes. Stopped at the local bike shop for peanut butter, bagel and watermelon.

Other DALMAC tour riders now joined us on the same road as we were just hours away from the bridge. Trying to hold the tail of a fast Quad group we were off to the "tunnel of trees" and the "chute." Topped 46 mph on the way down! Stopped for lunch at Goodhart. There must have been 200 riders gathered around grills and picnic tables at the small General Store.

Feeling energized, we pushed off to Cross Village with a very strong tailwind. Body was running like a smooth running diesel engine with "toes tickling the pedals," as Phil Liggett might say. So I hit the big gear and cranked a steady, fast pace for miles. Felt good.

Saw the bridge in the distance, so our journey was rapidly coming to an end. Arrived in Mackinaw City for a shower, ride ribbon and bike loading for return to MSU. The bridge crossing was delayed due to strong winds and our registration was to Mackinaw City only.

On four other occasions Rodger and I had ridden across the bridge so to not cross was a timesaver this year. Had a box dinner on the bus with very comfortable seats - which is important at this stage of the tour! We arrived in East Lansing at 9:30 PM in the first rain of the trip!

The Final Analysis:

Being the professor, I always ask my students what went well and what they would do differently next time. Perhaps I can share with you my response to DALMAC.

What went well?

DALMAC is a very organized and inexpensive bicycle tour. The cost for two meals a day, SAG support, a place

to stake our tents and the opportunity to interact with other riders was only \$140. The Four Day tour is the most beautiful ride, especially at the north end of the "mitten".

If you ever do DALMAC, the next time you open your Michigan map you'll amaze yourself with the distance you traveled by bike.

You become more aware of how your body responds to limited sleep, long periods of exertion, cold and hot temperatures, and the ability to respond with instant surges of energy. We each have a pretty remarkable "engine" and we need to take care of it.

Sealable plastic bags to protect each day's uniform from adverse weather helped keep me organized. I packed light with everything in a hockey bag, yet had enough gear to deal with those 50-degree mornings and rain.

Crossing the mighty Mackinaw Bridge is an option, and for some a once-in-a-life-time opportunity. The DALMAC is one of the very few times per year that bicycles are allowed on the bridge. Special efforts are required to cover the bridge's expansion joints with plywood and carpeting to protect our thin bicycle tires. You figure out the cost of doing that over a five-mile long bridge roadway!

What would I do differently?

The journey from point "A" to point "B" is to be enjoyed. Unfortunately, I seem to enjoy the competitive aspect of riding more and limit sightseeing to a glance over my left shoulder now and again. I need to slow down and stop at Torch Lake and take in the beauty of the rolling hills and the natural beauty our great state offers.

My Cannondale is a fine machine, but I was very lucky shooting down the numerous hills at 40 mph and traveling over very rough and bumpy roads without flatting. Next time I will check my tires each evening for cuts, and wipe my rims clean for better braking. At home I had a flat caused by a sharp stone puncturing one tire and tube. Upon closer inspection, both the front and rear tires had cuts that required their replacement.

If you want more tips on riding or preparing for the DALMAC see me at the Monday night ride. Keep pedaling!

Terry O'Connor

Editor's note: Many of us have had the pleasure of riding with "Pastor Dale" over the years. Here's a letter he sent to KBC recently.

July 31, 2003

My Grandpa, Papa Priebe, promised me a new bike on my 10th birthday and he kept his promise back in 1941. My first new bike was a Zenith (I think). It was maroon and had a tank under the center bar, white wall balloon tires, and had a basket on the front. I sure was proud of it.

I rode it for about 9 years, around the town (Faribault, MN), going to school, delivering papers, going to ball practice, etc. I also remember riding it at St. Olaf College (Northfield, MN) when I was a freshman and a sophomore.

But after I got my first car and went off to the Seminary, that bike disappeared. I suppose my Dad put it to sleep along with other stuff I had left behind.

After a hiatus of about 17 years, during which time I was ordained, got married, and with my wife, Ruth, welcomed three children into our family, another bike appeared in my life. It had a kid's seat on the back. I needed it to give our children rides to school and other places.

Then we all got bikes (always used ones) and on camping trips in our VW bus, two bikes would hang on the front and two on the rear. I was buying and selling bikes right and left and it didn't make any difference what size they were. It was the price that mattered. I found them in the used department of some bike stores or via newspaper ads.

In 1994 I bought an almost new Cannondale road bike. I guess I liked "cannon" attached to my name. In 1996, I bought a used Cannondale M-500

mountain bike, which was stolen in downtown Boston in 2000 and replaced with a used Cannondale Hybrid. In 1997 I purchased another almost new Cannondale Silk Road Triple (three rings) road bike out in Los Alamos, NM while visiting daughter Joanna. That "granny" gear helped me in the mountains of New Mexico. Last week, in a three minute time frame, it was stolen out of my open convertible

Well, today I am as happy as I was 61.5 years ago when Grandpa gave me my first new bike. I just got my second brand new bike, a Cannondale R 1000 Triple.

I was measured so that it would fit me like a shoe (or a glove). I just gave it its inaugural ride and I am very impressed with its quality and components. I still have to pedal and I still perspire, but it helps me move a little easier and hopefully a little faster. Without the accessories it weighs about 18 pounds. I hope that it will last me as long as my first new bike.

If I keep pedaling another 1,500 miles this year, I will reach my 2003 goal of 4,800 miles. Give me a call (269-375-0114) and let's go for a ride. Every day that one rides his or her bike is a good day.

Thanks to my children and grandchildren and god-children for all the fond memories of our riding together. Thanks to my riding buddies and the people of the Kalamazoo Bike Club for the many enjoyable rides, to the people at the bike shops in our area who are so helpful, and especially to Chandler at Village Cyclery who helped me get the right fit for my new Cannondale.

I pray that God will protect me from falls and accidents as I ride the roads. My promise to God and to my wife and to those who ride with me is that I will try to keep focused as I ride. If I stop at your door, please give me a drink of water.

Love, "cannon" Dale Krueger

32nd KBC Anniversary Ride a Success

Some 15 riders set out from the Kal Haven Trailhead parking lot a little after 10:00 AM on Saturday, September 20th, to participate in the "ride" portion of the KBC 32nd Anniversary Ride and Party. Their destination? The monster Jefferson Street hill in Allegan County some 18 miles away. Ride leader **Doug Kirk**, after a cursory glance at **Dave Newman's** 2002 31st Anniversary Party route map, said, "Oh yeah, I remember that route. Let's go." And indeed he did lead the riders unerring both out and back along scenic country roads.

The morning started out calm (and chilly), but the winds picked up a bit on the route, and the many hills along the way created some separation at times in the group. But the riders were courteous about waiting for everyone to catch up and the finish was more or less in a bunch, despite a flat tire in the last mile. Average speed was in the 18.5 mph range.

At the trailhead, KBC's social directors **Michele Intermont** and **Mary Cohen** had laid out a spread fit for very hungry bikers; pizza, soft drinks, cabbage salad, chips and cookies. Along with potluck donations from riders and spouses (including large quantities of **Tom Noverr's** justifiably famous **Homemade Garden Fresh Salsa**), there was enough food for an army. In fact, some of KBC's bachelor members – and some families with growing kids – were able to take some of the food home for later consumption.

It was a wonderful early fall day, a great ride, great food, and interesting conversation both on the ride and afterward in relaxation mode. Let's keep this anniversary ride event going in the years to come!

NOT Axel Kleat!

By Zolton Cohen

Axel's off this month, so he sent in one of his old columns from several years ago to run in this issue of the *PedalPress*.

But I decided not to use it. Not because it wasn't a great column (they all are) or wasn't pertinent or anything else. It's just some of you have been around long enough as club members that you'd have seen it before. So let's look at what's up currently at KBC.

KBC has had, despite some significant challenges, a great season. We continue to grow, both in membership and the number of people who come out to participate in the weekly rides. It seems as though there is more interest in biking – especially at the pace at which KBC offers most of its rides – than ever before.

This is good. More people are using bicycles for transportation, recreation and fitness. Bike club business is booming (despite the closing of two Schwinn shops in town, which I understand was due to the owner retiring). And it's much more common to see bikers riding along country roads on the weekends in groups or singly.

Biking is becoming more "visible" in the community because so many more people are participating in the sport. And KBC will continue to have a hand in this upsurge of interest.

But is KBC serving all the biking community equally well?

We are occasionally criticized for being "elitist." In some ways this is a valid charge, though some would dispute the use of that particular word. But looking at the situation from outside the group, it could seem that KBC caters primarily to bikers who are capable of riding fast.

True enough. Faster riders are the ones who show up en masse at the rides in all sorts of weather, so they might appear to be "overrepresented." They also hold down most of the positions in the bike club hierarchy, and they mostly make up the ride leaders. In other words, it's usually the faster riders who show the most commitment to the sport of bicycling and to the bike club itself. That's why many of the club's rides and events revolve around biking at higher speeds.

This summer, KBC member **Nancy Summers** led a more moderately paced ride on the Kal Haven Trail on Wednesday nights. She was there very consistently, predictably on time. Yet despite some interest in the ride in June through August, she reports there were only a few "repeat customers." Nancy's opinion is that people don't seem to mind riding alone on the trail, and that perhaps this type of ride is not worth KBC pursuing in the future.

Nancy's experience and observation about people preferring to ride alone might be instructive to KBC in the future. Maybe it all boils down to there being people who like to ride fast in groups, and people who like to ride alone, where the efficiencies, camaraderie, and competitive nature of the pack concept are not as important – or desired. Maybe we're just different, and some people aren't group-oriented when they recreate. There's nothing wrong with that.

On the other hand, a group I led this year on Monday nights at a 16-17 mph pace had a very good following, with up to 25 riders participating on some nights. Go figure.

Many in KBC have spent long hours trying to figure this situation out. How do we serve beginning riders or those who would like to belong to the club, yet don't care to participate in faster group riding? Do you have any ideas? Was Abraham Lincoln right about not being able to please all the people all the time?

But pertinent to the above, KBC is making progress in more clearly defining and describing what rides we do offer. Vice President **Jeff Newman** has been hard at work on a "Ride Guide," or "Ride Key" that will help bikers, at a glance, to figure out which ride might be appropriate to their skills and capabilities. Look for the completed version in a future *PedalPress*.

Jeff's table categorizes each ride in terms of speed (pace), style (social and relaxed, to fast and racy) skill level (beginning to advanced), and the leader's responsibilities in terms of keeping the group together and helping with mechanical problems. This is an important document and it is currently under review by the Board of Directors and other interested members. If you'd like some input into this process, please sign up for the KBC listserve (instructions on how to do so are on the KBC website).

One thing I've noticed in my tenure as a club member is that things are always in flux. There are changes going on all the time in this club. People volunteer, others depart. Ridership is up, ridership is down. We move forward on ride classification issues yet can't sell out the last of the KBC hats from two years ago. It's always something.

In a way, it's like riding a bike. You always see something new, even though you might be on the same roads you ride week after week. The light changes from summer to fall. Bugs are more prevalent this week than they were last month, and you've already swallowed your quota for the summer. The people you ride with change as well. Some show up, others drop off. You're faster this week, someone else is the next. It's always something. Interesting, isn't it? Zolton Cohen

KBC

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- Parchment Bicycle-----343-8118
- ProSport-----2411 Parkview
- Team Active-----962-7688
- Village Cyclery-----679-4242

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 and receive all the group's email messages?
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