

# KBC PedalPress

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The Newsletter of the Kalamazoo Bicycle Club

May 2003

## President's Letter:

The good weather's here (at least, it's supposed to be,) and so is Enough Daylight to Ride After Work Savings Time. KBC's ride calendar has shifted into the big ring, and October is a long, long ways away. I'm convinced we wouldn't appreciate the good weather near as much if we didn't have to suffer through winter, so get out there and enjoy!

By mid winter, Kathy & I knew we couldn't stand the crummy weather any longer and signed up for a March week in southern Arizona with **Lon Haldeman's PacTour Desert Training Camp**—cloudless skies, chilly mornings, warm afternoons, very challenging riding (long climbs and occasional big winds). But it was the people we rode with really that made the tour memorable.

Lon himself is pretty remarkable, having won the **Race Across America** in the '80's, and he's still the holder (with **Pete Penseyeres**, on a tandem) of the record for riding from the Pacific to the Atlantic **and back**. He and his wife, Susan (also a RAM winner) have made a career out of high-mileage bike tours, and with their experience they know exactly what riders need and want.

What made this tour the best tour we've experienced was the famous American cyclists who were there. **Fred Matheny** and **Ed Pavelka**, both past Editors of *Bicycling* magazine (Ed also Edited *Velonews* long ago,) gave presentations about training and preparing for long distance riding, eating on the bike, strength training, heart rate training, and power meters. Both men are in their late 50's and are extremely strong riders, as we found on one 120-mile day. They are also great fun to talk to. Fred and Ed now run a website which is definitely worth your time: [www.roadbikerider.com](http://www.roadbikerider.com)

Some of you may have heard of **Maynard Hershon**, who has written for *Velonews* and several other bicycling magazines over the years, mostly creative stuff similar to KBC's **Axel Kleat**, but good enough to be published into at least two books. He shared several of his pieces with us, and was kind enough to give permission to yours truly to print a couple of them in the *PedalPress*.

For me, the best part was meeting **Andy Pruitt**. Andy is the founder of the Boulder Sports Medicine Clinic, a past U.S. Olympic training guru, and is without a doubt the most knowledgeable man in America (and maybe the world) on the subject of bike-fit. He has fit virtually every American pro in the last two decades as well as literally thousands of other riders. Andy took the time to fit each and every one of us to our trusty steeds. Everyone had some part of his fit adjusted by Andy; to a man we were both surprised and happy at the differences he produced. I made a point of watching him fit at least two dozen riders beside myself, and asked lots of questions.

So don't be offended if sometime this season I tell you your seat's too high or your stem's too long, for I have spent time with the master, and I am a better rider for it. See you on the road!

Doug Kirk  
KBC President

## KBC Wish List

**Next KBC Meeting: Tuesday, May 13th, 7:00 PM, YMCA building on Maple Street.**

Meeting attendance is growing and more people are coming on board to help with club's event planning and management. There's a lot going on these days at KBC. Won't you join us for a meeting to see how your club is being run?

### Big Turnout Wanted:

KBC's Social Director Emily Mattes has been hard at work putting together a game plan for the **2nd Annual New Member Recruitment Ride/Party** for Saturday, May 17th.

This event is a great place to introduce your spouse, friends, and neighbors to KBC. The plan is to meet at the Kal Haven Trailhead parking lot at 1:00 PM, eat some pizza, and then go on a ride on the trail for an hour or so, starting at 2:00. The ride will be a recreational one, done at a recreational pace.

For those wishing to get in a harder workout *before* the party, meet at the parking lot at 10:30 with your road bikes. The ride pace will be dictated by whoever shows up, and will likely last about two and a half hours. Riders who'd like to form groups riding at a different pace are welcome at that time as well.

See you there! Don't forget to bring a friend. And be sure and come hungry.

## Upcoming KBC Events

Don't forget to tell a friend about – and bring that friend to - the **2nd Annual KBC New Member Ride/Party on Saturday, May 17th, at the Kal Haven Trailhead parking lot.** This gathering is designed to help you introduce KBC to someone you know. And it's also a good excuse to get together to do some riding, eating and socializing with your KBC friends.

KBC social director **Emily Mattes** has put together a schedule that includes a pizza party with drinks included, starting at 1:00 PM, and then a "recreational" ride on the Kal Haven Trail, starting at 2:00 PM.

KBC bikers interested in a more strenuous workout are gathering at the Trailhead at 10:30 in the morning for a road ride prior to the party. Pace will depend on who shows up, and several different groups may form.

So, don't be bashful about asking a colleague, co-worker, spouse, friend, or even someone you'd like to become a friend to this event. The more people we recruit into KBC the better.

And bring along a chair or two to sit on prior to or after your ride. It makes eating the pizza much easier....

## Tandem Biking Help Needed

*Editors note: This came in recently from fellow KBC member Sherry Gordon.*

I am writing to ask the assistance of other KBC members.

The **Michigan Blind Athletic Association** sponsors an event, **May 7-9**, called the **Sports Education Camp**. We have youths, ages 13-18, come to WMU. One event, which happens to be the most popular, is tandem biking.

I am wondering if you would put an article in the Pedal Press, asking for interested persons to contact me if they would be willing to captain a tandem bike—our tandem club, called the New Perceptions Tandem Club, has six tandems. Or, if KBC members have their own tandems, if they might be available to bring their own tandems and captain their tandems. Any assistance KBC members can give is greatly appreciated. We expect 20-25 youths each evening.

The tandem biking will be at the following times:

Wednesday, May 7 7:00 p.m. to 9:00 p.m. Lawson Ice Arena/WMU

Thursday, May 8 6:45 p.m. to 9:00 p.m. KVCC parking lot

Friday, May 9 7:00 p.m. to 9:30 p.m. KVCC parking lot  
This will be a time trial competition

Interested persons may contact me either by email or by telephone:

Sherry Gordon

Email: [sdgordon@voyager.net](mailto:sdgordon@voyager.net)

Phone: 383-4144 (home)

Thanks a bunch! Sherry

## May Birthdays

Kevin Biek  
Luanne Cali  
Laurie Doering  
Austin Gippert  
Kay Kalkman  
Doug Kirk  
Michael Lahaie  
Patricia Machnik  
Emily Mattes  
John Meyers  
Andrew Mitchell  
Terry O'Connor  
Randy Putt  
Paul Raynes  
Janice Selby  
Kurt Sherwood  
Rick Whaley

## New Member

Kim Samelstad

## May Expiring Memberships

Shawn Messenger Family  
Mike Miles  
Tim Stewart

## Moving?

Don't forget to contact **Kathy Kirk**, KBC's database manager (her contact information is on the back page of this newsletter), if you're moving! We need to update your database information so you can continue to receive the *PedalPress* in a timely manner.

In addition, this saves the club money by not having to forward your newsletter to your new address!

## April, 2003, KBC Minutes

KBC's regular monthly meeting was held Tuesday, April 8<sup>th</sup>, 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 Stevens, Luanne Cali, Jeff Newman, Zolton Cohen, Randy Logga, Brad Fry, Randy Putt, Emily Mattes, Ray Murphy, Steven Vonderfecht, and Rick Whaley.

The primary focus of this month's meeting revolved around discussing and voting on the proposed revisions to the KBC constitution. In an effort to insure all unrelated agenda items were thoroughly addressed, President Doug Kirk moved this important agenda item to the end of the meeting.

Next, **Jeff Newman** reported continuing progress for this year's **Flowerfest** bike tour. Posters have been created and will be distributed. Announcements will also be placed in the *Kalamazoo Gazette*.

**Jeff Newman** confirmed that plans for this year's Tuesday Night Time Trial series are nearly finalized. **Nicole Newman** will manage this season's TNTT series.

Minor changes and additions to the KBC ride schedule were addressed next. **Luanne Cali** has volunteered to assist in leading the 12-15 mph group for the Monday Ride from Texas Drive Park. The Tuesday Ride, led by **Paul Wells** from Breakaway Bicycles on Romence Road, will run opposite of the TNTT series, every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday this season, beginning in May.

In preparation for this season's rides, procedures were discussed for KBC ride leaders to solicit participant signatures on waivers at the start of weekly rides. **Terry O'Connor** has provided waiver forms to **Zolton Cohen**. Zolton will distribute these waiver forms to the ride leaders.

**Emily Mattes** is continuing to coordinate efforts for the New Member Ride/Party from the Kal-Haven Trailhead scheduled for May 17th. The event will begin with lunch at 1 pm followed by an easy social ride at 2 pm on the Kal Haven Trail. Several meeting attendees proposed a 10:30 am *pre-ride* for current KBC members wishing for a more strenuous workout. Emily will continue to spread the word on this event by distributing flyers to area bike shops and placing an announcement in the *Kalamazoo Gazette*.

Finally, discussion returned to the proposed revisions of the KBC constitution. The dialogue focused primarily on issues of clarification to sections related to family memberships, and elected board members versus appointed board members. **Zolton Cohen** agreed to further clarify these sections and distribute the proposed revisions. To account for these further revisions, voting on the proposed constitution update will be delayed until the May monthly meeting.

With no further business to attend to, the meeting was adjourned at 8:25 pm.

Respectfully submitted, Brad Fry, KBC Secretary

### Yankee Springs Mountain Bike Time Trial

When the bedside alarm rang at the crack of 9:30 on Sunday, April 13th, the *PedalPress* struggled out of bed. It was Mountain Bike Time Trail day at Yankee Springs, and the *PedalPress* had promised to be there, camera and notepad in hand.

The *PedalPress* was feeling slightly under the weather, possibly due to a very full evening the night before consisting of much Luau and many Mai Tais. But the show must go on, or so the *PedalPress* told itself.

Upon arrival at Yankee Springs, the *PedalPress* was offended to be asked to pay an entry fee into the State Park, but eventually relented after the pain of having the park ranger's hand around its throat became too much to bear. The *PedalPress* has a tendency to turn surly and loutish when it is asked to pay for things it feels it should be let in to for free. The *PedalPress*'s throbbing headache did not improve after having been deprived of oxygen for several minutes.

Once having entered the park, the *PedalPress*'s mood improved slightly after seeing what looked to be a thousand or more people milling around. Most were on

bikes, but others were obviously "support staff," spouses, children and large, uncouth dogs. Dust rose in clouds as cars drove into the interior of the park; and the crunch of knobby bike tires on crushed gravel was a continual sound. The whole scene reminded the *PedalPress* of some of the bluegrass concerts it had been to in the past, although with much worse music. Loud, heavy metal blasted from large speakers set up near the starting line. **Paul Wells**, owner of **Breakaway Bicycles**, and a sponsor of the MBTT at Yankee Springs, had set up a repair tent and, along with his crack crew of bike mechanics, was changing out tires, tubes, and doing last minute adjustments to competitors' bikes.

The *PedalPress* wandered down to the start, took some photos there, and then traipsed to the finish line for a few more. A bit of interviewing, some sport and joshing with some of the KBC racers, and the *PedalPress* was ready to call it a day, astonished at the huge turnout for this event. See the KBC racer results, compiled by racer Cheryl Olson, on page 6.

The *PedalPress* intends to attend other events like this in the future, having fun and taking names. But for now, the *PedalPress* was in need of a nice nap.

## Bike Widowhood Revisited

By Mary Cohen

*(Editor's note: WARNING! This opinion column may find its way onto a few refrigerator doors...)*

The first spring of my bike widowhood was a tough one. My loved one's absences at dinner on riding nights were felt keenly. "I'll only be gone a couple of hours," he'd say. But as spring became summer the 'riding' started earlier and stretched into the twilight hours.

He invested in gear. He trained with a vengeance. He worked on his bike when he wasn't riding it. I fumed and pouted and waited for his interest to wane and my love to return to the domestic fold.

Can't say I mourned silently – I can be aloof, but not silent. I did, however, content myself with inventing a mocking tone when referring to his absorption with biking. Getting ready for a club ride was 'foreplay.' A summary of the ride became 'the drop report.' You get the picture. I was a bad sport in the early going.

But that was years ago. Actually, I have to strain my memory cells to recall what I found so odious about my darling falling in love with biking. After all, he'd fallen in love with me and (eventually) my children. His capacity to go head over heels and remain unabashedly smitten is one of his many appealing features. Why, then, did I take such a dim view of his new passion? What made me so edgy when he was so blissed out? I was jealous certainly, but I'd hardly been displaced.

In fact, his enthusiasm for biking spilled over into every aspect of his life. He laughed good naturedly at my 'foreplay' jibes. He took a lively interest in bike club doings and began lending a hand. Hey, he whistled while he worked! And it finally dawned on me, if a bit late, that diving into biking was diving into *life* for my beloved husband.

While other middle-aged men were putting on weight and romancing their remotes, my honey was testing himself – physically, mentally, emotionally – by roaring around corners at high speed. He was taking risks, not holding back. And understanding that turned the corner for me on biking.

Now springtime is a tonic to us both. No, I don't jump on my humble hybrid and hit the road with the same verve he does. But I like seeing him gear up and get ready. I look forward to post-ride suppers, when he comes through the door – sweaty and spent but with a great grin on his face – and gives me the skinny on that evening's ride.

I appreciate the jolt he gets from biking – it's a life jolt! And when he feels it, life is good. These days I'm no bike widow. Let's face it: I'm a fan!

## Important Kal Haven Trail Extension

According to an article in the March 31st Kalamazoo Gazette, the **Kal Haven Trail State Park** will soon extend into downtown Kalamazoo. The work on the 4.5 mile railway extension is slated to begin in July and should be completed by Labor Day.

The trail extension project is part of a larger plan that eventually will link a continuous bike and foot trail between South Haven and Battle Creek.

Much of the trail surface of the new extension through Kalamazoo will be the packed stone familiar to anyone who has ridden on the current trail. However, where the trail passes from its new starting point at the corner of Kalamazoo Avenue and Westnedge, west to Douglas Avenue, the surface will be paved with asphalt. This section will also feature trash containers and park-type benches.

An \$870,000 MDOT grant, plus \$280,000 in matching funds from private donations will fund the trail's construction.

East from the current trailhead, the new extension will pass over 131 via H Avenue, and then largely follow the abandoned railway on the south side of Ravine Road until it crosses Douglas. From that point it shoots south to Kalamazoo Avenue and Westnedge.

Representatives of the Kalamazoo River Valley Trailway organization hope that the trail's extension will enable downtown residents to be able to access the Kal Haven Trail nearer their homes. It also may encourage bike commuting to downtown jobs from residential neighborhoods near the trail.

## Bike Eats, Beginning Cyclists Ride in B.C.

**Team Active** bike shop (in Battle Creek) co-owner **Steve Bessonny**, and Sean Kelly, former executive chef of the Oakwood Bistro, are opening a new bicycle-themed restaurant in downtown Battle Creek.

**Bici Bistro** (Bici is Italian for bicycle) is taking over the building currently occupied by Michelci's Restaurant, and will feature an Italian bicycle theme, with real bicycles hung on the walls, as well as posters and paintings of bicycle races. Bessonny said the food will include "American and Italian 'comfort food,' including pizza, calzones, and 'pizza with a flare,' " as well as other dishes such as shrimp bruschetta.

For bikers who may wish to ride to the new restaurant, Bessonny said there is a large bike rack behind the Team Active store, located about 50 feet away from Bici. Or valuable bikes that should not be left outside could be taken upstairs to a large room at the restaurant.

On Monday nights, Bessonny intends to lead a 12-14 mph "beginning cyclists" ride from Team Active, starting at 6:30 PM. All are welcome. He also noted that the **Battle Creek Bike Club** is "up and running again."

## Racing Update

The mountain bike racing season is underway with many events on the calendar for May. There are so many events scheduled this summer, we can race nearly every weekend! This year Fun Promotions will be participating in the MMBA points series, which should produce some BIG turnouts at races. We can expect large fields of riders at the more popular venues, and at the races that are included in both the Michigan Cup and MMBA points series. At the Deep Lake Time Trial (at Yankee Springs), the first mountain bike race of the year, over 700 riders registered.

Also changed this year, a women's Elite class has been added in both the Michigan Cup and MMBA series with increased distance and prize money that is more comparable to the men's classes.

### Recent Race Results

	Race	Name	Class	Placement
4/13	Yankee Springs TT	Pete Skellenger	Elite Men	12 <sup>th</sup>
		Jenni Martin	Expert Women	2 <sup>nd</sup>
		Mark Olson	Elite Men	9th
		Cindy Gippert	Expert Women	4th
		Mike Miles	Expert M 30-39	15th
		Scott Steurer	Expert M 40-49	5th
		Richard Neumann	Elite Single Speed	12th
		Cheryl Olson	Elite Women	5th
		Richard Gippert	Sport 35-39	25th

### Upcoming Events

Date	Event	Website
May 4	Fort Custer XC	<a href="http://www.tailwind.net">www.tailwind.net</a>
May 10	Brighten TT	<a href="http://www.tailwind.net">www.tailwind.net</a>
May 10	Cone- Azalia Classic RR	<a href="http://groups.yahoo.com/group/MiBikeRacingInfo/files/TOUROfSEMIflyer.pdf">http://groups.yahoo.com/group/MiBikeRacingInfo/files/TOUROfSEMIflyer.pdf</a>
May 17	Pando Downhill	<a href="http://www.funpromotions.com">www.funpromotions.com</a>
May 18	Pando XC	<a href="http://www.funpromotions.com">www.funpromotions.com</a>
May 17	Kensington RR	<a href="http://www.outdoorathlete.com">www.outdoorathlete.com</a>
May 18	Addison Oaks XC	<a href="http://www.mmba.org">www.mmba.org</a>
May 15-18	Big Bear, CA ; Norba	<a href="http://www.usacycling.com">www.usacycling.com</a>
May 24-25	Boyne 24 hour XC	<a href="http://www.funpromotions.com">www.funpromotions.com</a>
May 31	Bloomer Park TT	<a href="http://www.tailwind.net">www.tailwind.net</a>

TT =Time Trial ; XC = Cross Country; RR=Road Race

### Cross Country Ski Racing

Date	Race	Name	Class	Placement
2-9	Subaru VASA Cross Country Ski Race	Paul Wells	Men 50-54, 27k Freestyle	10th
		Zolton Cohen	Men 50-54, 27k Freestyle	11th
		Richard Neumann	Men 35-39, 50k Freestyle	15th
		Dan Ferrara	Men 45-49, 50k Freestyle	31st

## BE A RIDE LEADER

It was 80 degrees today, so I think spring has finally arrived. How long will it last? The year 2003 KBC ride season has started and attendance has been fantastic. I highly recommend you come and join us in May. Currently, however, we are short on ride leaders for all ride groups.

KBC had a great group of ride leaders last year and a number of members have volunteered to help lead rides this year. Attendance at the rides continues to increase. With the increased ride attendance we can always use more help leading rides for the 2003 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.

## MAY RIDE SCHEDULE

**NOTE: ALL WEEKDAY RIDES START AT 6:15 PM FROM MAY - AUGUST**

The year 2003 KBC riding season is underway. Riders, if you have not tried a KBC ride yet this year, bring your bike and let's go. 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 Monday Ride at Texas Drive Park** will consist of 3 to 6 ride groups in May depending on attendance:

- 15-20 mile group at 10-12 mph leaders TBD (will start in May)
- 15-20 mile group at 12-15 mph leaders led by **Cliff Muller and Luanne Cali** (will start in May)
- 25-30 mile group at 15-17 mph (new group) led by **Randy Putt and Zolton Cohen**
- 25-30 mile group at 16-18 mph leaders led by **Terry OConnor and Fred James**
- 25-30 mile group at 19-20 mph leaders TBD
- 25-30 mile group at 20+ mph leaders TBD

The 10-15 mph groups will generally ride the same route, and are recommended to new riders who are not certain where they fit in. These groups typically ride to Schoolcraft and take a break for ice cream.

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

As noted above there is a new 15-17 mph group on the Monday night schedule. This group is for riders who are interested in a steady pace with lots of conversation; *as such, it makes for a good "recovery" type ride for experienced riders*. Other riders may be new to group riding or may be a bit nervous about riding in a group. 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 were 25 riders on the first ride in April; an exciting start.

The 16 - 18 mph group is for riders interested in improving their skills and speed to move into a faster group. The leaders plan to promote paceline and bike-handling skills.

The two faster groups are for more experienced riders. The 19-20 mph group typically stays together while the 20+ mph group can splinter into smaller groups. These groups may often be combined depending on the number of riders.

**The Tuesday Ride** meets at **Breakaway Bicycles** on Romence Road for a 25 - 30 mile ride at 16 - 18 mph on the 2nd and 4th Tuesdays of the month. **Paul Wells, Steve Johnson** and others lead the ride from the bike shop.

On the 1st and 3rd Tuesdays of the month, KBC is again sponsoring the Tuesday Night Time Trial Series. This year the TNTT will start at the corner of Q Avenue and 29th Street, south and east of Kalamazoo (parking at the Pavilion Township Hall). The time trial will start at 6:00 PM sharp. You must be a KBC member and must wear a helmet to ride in the TNTT.

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

- 10-15 mile fitness group at 10-15 mph on the Kal-Haven Trail led by **Nancy Summers**
- 25-30 mile group at 16-18 mph led by **Bill Strome**
- 30 mile group at 20+ mph led by **Zolton Cohen** (the Half-Fast Ride)
- 46 mile Hammerfest at 22++ led by **Doug Kirk and Matt Seibert**

**The fitness ride at 10-15 mph on the Kal-Haven Trail is a new ride.** Nancy plans to ride for 1 hour so that the return ride can be completed in 1.25 hrs (total of 2.25 hrs). She emphasizes the speed as 10-15 mph or as easy/hard as you're able. HELMETS, of course, ARE A MUST! Riders may contact Nancy via email for more info: NANCYLSUMMERS@yahoo.com or KBC's group list. Nancy indicates that she plans to ride most every Wed evening so get out there and make this ride succeed.

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

Zolton's Half-Fast Ride is off to a great start again this year. It is one of KBC's most popular rides. Zolton does a great job keeping this group together. Its success is due to his efforts in making this a fun and fast ride.

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 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. The group can fragment 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 expect to be dropped from the main group.

**The Thursday Ride also starts at Texas Drive Park.**

This is a nice and easy social ride and generally has a pace of 13 – 16 mph and the distance is 20 – 25 miles. There were several dedicated riders who made this ride successful over the past couple of years. Steve and Carolyn Vonderfect plan to lead, and they could use some help from time to time. This ride starts in May.

**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 a fast and furious finish for the 21+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. There has been some interest from club members in establishing a 13-15 mph group for this ride. If you are interested, please contact the Ride Captain. We would love to have you.

## 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 4th annual W Ave Ride** (48 miles) from Vicksburg HS took place on April 27 led by Rick Whaley.

- **The New Member Ride/Party** from the Kal-Haven Trailhead parking lot on Saturday, May 17 at 1 PM for lunch and a 2 PM ride (distance TBD) led by Emily Mattes. Rumor has it that a few riders will be gathering at the trail head at 10:30 AM for a road ride as well.
- **The 5<sup>th</sup> annual Old Car Festival Ride** (about 60 miles) from Vicksburg HS on June 7 led by **Randy Putt** (note the change in date).
- **The 6<sup>th</sup> annual Ride to South Haven and Back** with a stop at the beach. (100 miles) in mid-July,
- **Flowerfest!** July 20th! Not a race, but a ride for everyone. With routes of varying lengths up to 100 miles.
- **The 6<sup>th</sup> annual Ride Around Kalamazoo County** (100 miles) in mid-August.
- **The 32<sup>nd</sup> KBC Anniversary Ride**, distance and route TBD.

The dates and pace for some of these rides are not firmly established. 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. Also, check out the KBC web page ([www.angelfire.com/mi/kbc/](http://www.angelfire.com/mi/kbc/)) for the ride calendar and for any last minute changes.



## Editor's Letter:

As Ride Captain **Randy Putt** noted in the ride schedule, spring looks as though it is finally here to stay. It was a long, cold winter and because of that many of us are deficient in the mileage we usually manage to accumulate by this time of year.

But there is more sun, more daylight, and that means consistent warm temperatures are a sure bet to break through at some point.

It also means, among other things, that the weather is highly unpredictable. Witness, for instance, the 40 degree temperature drop between the evenings of Tuesday, April 15th and Wednesday, April 16th. From 83 to 45 in just 24 hours. And the wind on that Wednesday night ride was atrocious.

It was frustrating - laughably so - to climb the G Avenue hills at the end of the Half Fast Ride, into the teeth of the wind, at between eight to ten miles per hour. Why, on any better night I can at least crank out nine to eleven miles an hour on those same hills. But still, it was windy. And that's something we have to expect from time to time in this area.

Wind can be a danger to those who ride bikes. Especially so to those who ride in tightly knit packs. A sudden gust can throw the rider next to you right into your wheelhouse. Or you can get sideswiped by a car not nimble enough to dodge your sudden change of direction.

It pays to be cautious on windy nights when you're on a bike - and on other nights as well. And that brings up something we should all think about this season when we're out riding with our buddies. It has to do with the Golden Rule.

The Golden Rule states that you should treat others as you'd like to be treated. This is important in such close quarters as a bike paceline, and indeed on all group rides. You like to have potholes, debris and roadkill lying in the road pointed out to you by riders in the front of the group so you can avoid these hazards. Do you do the same when you're up there? Or are you simply trying your best to be aerodynamic, and concentrating on going fast?

"In it for yourself alone" really doesn't cut it on a bike. Ask Lance Armstrong about his team sometime. He's the first to give them credit for working to get him over the finish line in first place.

On a smaller scale, the same is true for what we do out there on KBC rides. We all win when we help each other along. We all go faster, we all are safer, and we all have more fun.

Take the stop sign situation. It is considered poor form - and manners - to not sit up briefly after a stop sign in order to let others catch up who perhaps did not make it across the street in the pack you were in. Doing so reduces the pressure on those people to sprint across dangerously in front of oncoming cars. A little courtesy and patience in this situation can go a long way toward making KBC rides more pleasant and safe.

On another note, the **Tuesday Night Time Trail** series is back in town on May 6th, this time with **Nicole Newman** at the helm. As you've maybe read in the ride schedule, there is a new starting place for the TNTT this year. You can reach it easily from Kalamazoo by taking Portage Road south to Bishop Road, then turning east on Bishop until it tees into 29th Street. A half mile or so south is the Pavilion Township Hall, where parking will be available.

The TNTT route won't be a straight out and back shot this year, but rather a square with four right turns. The route goes north on 29th to O Avenue, then east on O to 34th Street. South on 34th Street to Q Ave. West on Q to finish at the Stop Ahead sign just before township hall.

Randy Putt, who rides in this area with a Pharmacia (now Pfizer) group, says this route has good roads, and not as much traffic for most of it as on the former Vicksburg W Avenue route. In addition, it's quite a bit closer to Kalamazoo, for those riders who are coming from that direction.

Nicole could use some volunteer help to time the TNTT, spot and identify riders coming in, and possibly to help monitor some of the corners. Show up early at the first TNTT and she'll put you to good use.

So, we're underway here at KBC. The riding season is starting, we're meeting the second Tuesday of each month at 7:00 PM at the YMCA, **Flowerfest** volunteers are doing what needs to be done to get that huge undertaking going. And we have yet to finalize the KBC constitution. But that will come in time. Right now the most important thing is to get out on your bike and ride.

Zolton Cohen



## Slow Down! By Axel Kleat

Eddie B., the famous cycling coach who managed to depart the eastern European communist bloc cycling regime in the 80's and apply his skills here in the States, is credited with opining that "the problem with American bike racers is that they go too fast on their slow days, and too slow on their fast days."

Back then, my "fast" wasn't much different than my "slow." Sure I could take it easy or turn up the wick a bit, but I still had a lot to learn. Paul, the erstwhile Sultan of Spin had yet to install a 12 tooth cog—much less the 11 he now claims he cannot do without, was still my guru and every ride was a mission to smooth out and speed up my cadence. I was focused on the mechanics of turning pedals, seat height and set-back, cleat placement, crankarm length, ankling, and the speed on that darn computer staring up at me from the handlebars.

I ditched the computer a few years ago but it took a while longer to figure out that bike fit is all fine and good, but taking care of my legs, heart and lungs is a whole lot more important than all that other stuff. A quote from Lance Armstrong brought Eddie B.'s old line back into focus, but with a modern twist. Talking about heart rate monitors, Lance said he uses one in training primarily "to give himself permission to go slow."

Lance going slow? Now that's a novel concept! Why would Lance need permission to go slow? Because Americans go too fast on their slow days! It wasn't quite like a light bulb going off in my head, but the concept did eventually sink in. Maybe I could go faster if I learned to really go slow.

And indeed I've found it actually works. But here's the key—going slow isn't about speed at all. It's about effort. And it can actually be hard to ride slow enough to keep your keep your heart rate low the entire ride, especially if there happen to be a few hills along the way.

The heart-rate monitor is the key. If I look down and find too big a number, it doesn't matter how fast I'm going—I'm going too fast and that's all there is to it. Road race bikes aren't bristling

with low gears, so uphill jaunts can mean really slow cadences in order to keep the heart rate down where it should be. Cadences slow enough to really pay attention to a smooth and circular motion, to pulling across the bottom of the stroke and lifting the pedal up—cadences well under 60 revolutions per minute, and speeds so slow the bike wobbles.

Now I look at my normal easy routes in a whole different light. My standard 18 mile "recovery" route has to take at least an hour and a half or I'm not training right. My cadence drops at the slightest incline. A little puff of headwind and I'm clicking down a gear or two. I'm willing to let other smirking riders—sometimes on mountain bikes with platform pedals for crying out loud, cruise right on by. The worst part is when I get passed by some guy I know I can drop any time I feel like it. One guy actually asked if I needed help! But I force the heart rate monitor to overrule my ego. Maybe, just maybe, those other guys wonder exactly what I'm up to.

Tailwinds are tough. It's psychologically very challenging to go slow with the wind at my back. So what I do is shift into a big gear (small cog,) stand, slowly crank things up to maybe 20 mph or so, and then sit and turn over a big gear with a really low cadence, like when I'm going slowly up a hill.

So how slow should the old ticker be idling away, anyway? I'm no trainer, but for sure less than 120 beats per minute, maybe 110 is better. I know I should get home feeling more energetic than when I left, and that unless it's really hot, I shouldn't sweat. So next time you feel whapped, make your ride that day only an hour or so. Wear a heart rate monitor, and use it to go slow, real slow, even agonizingly slow. Be sure to go that pace the entire ride.

And if that nasty Doberman sprints after you, its mouth trailing drool while it licks its chops, eschew that sprint-for-your-life stuff. This time, stop and face that slavering mastiff down. Glower at him. Yell at him. Feed him your frame pump, whack him with your bike while he's at full gallop, or plan ahead and find out if that bottle of Halt your mother gave you for Christmas a couple of years ago actually works. Just don't let Fido's fangs screw up your training, dammit!

# KBC

**Kalamazoo Bicycle Club**  
P.O. Box 50527  
Kalamazoo, MI 49005

**RETURN SERVICE REQUESTED**



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## Other Important KBC Folks

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## Kalamazoo Area Bike Shops

- Alfred E. Bike-----349-9423
- Billy's Bike Shop-----665-5202
- Breakaway Bicycles-----324-5555
- Freedom Recreation-----381-7233
- Instant Replay Sports-----345-9040
- Milwood Schwinn-----349-6384
- Parchment Bicycle-----343-8118
- Portage Schwinn-----327-3393
- 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**