

# KBC PedalPress

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The Newsletter of the Kalamazoo Bicycle Club

August 2003

## Flowerfest 2003 is in the Books!

**Tom Keizer, Amy Lehman, Rick Whaley and Cliff Muller**, remaining core members of the 2003 Flowerfest Organizing Group (FOG), report that more than 375 biker riders signed up to ride in Flowerfest this year.

While the weather at first looked a little sketchy, with large clouds rolling in, Flowerfest morning certainly started out cool enough. Then, while most of the riders were on the route, it got a bit humid. In all though conditions held up very well, and no one got rained on.

And no one crashed or had any other type of "incident," so the tour was safe and comfortable for those who took part.

Once again, **Saturn of Kalamazoo**, the Saturn car dealership in town, flew in one of the Saturn Cycling Team bike racers to ride in the tour. This time it was young **Rahsaan Bahati**, a sprint specialist from Los Angeles. Those who spoke with Rahsaan found him very personable and willing share his racing experiences. Unfortunately, he had to depart sooner than expected, so he did not complete the entire 62 mile route, and we didn't get the opportunity to thank him formally for taking time out of his busy schedule to come and ride with us. However, the 50 or so people who rode out with him at 9:00 am were thrilled to be in the company of a real professional bike racer, and we thank not only Saturn of Kalamazoo, but also Rahsaan for accommodating us in this way.

Once again, **Kalamazoo Center for the Healing Arts** provided one of the most popular services at Flowerfest – the post ride massage. Many suffering riders had their aching bodies rubbed, squeezed, and kneaded back into condition by the student volunteers. KBC is grateful to KCHA for once again gracing us with their healing touch. It is the highlight for many at the event.

KBC also thanks local bike shops **Alfred E Bike, Village Cyclery, and Breakaway Bicycles** for providing repair service, and the many corporate sponsors who contributed both material and donations that helped to make Flowerfest 2003 such a success. **The Briar Patch Greenhouse and Nursery** in particular deserves special recognition for allowing us to once again invade their grounds as our SAG stop.

Though KBC Treasurer **Terry O'Connor** revealed that Flowerfest made some money for the club, at the end of the day the best thing was that we induced more than 375 people to get out and ride their bikes.

Congratulations on a job well done not only by the FOG, but all the many volunteers who devoted time to driving the SAG wagon, manning the front booth, and staffing the sag stops. There would be no Flowerfest without you. Check the KBC website for Flowerfest photos.

As the main Flowerfest organizers take their rest after a year's worth of organizing activity, they seek volunteers to help start planning for next year's Flowerfest. How would you like to play a role in this major KBC event?

## KBC Wish List

As noted in previous issues of the PedalPress, these are changing times not only for KBC but also for the community at large. Due to job layoffs at some major corporate entities in the area and other factors, KBC is on the brink of losing some significant leadership talent.

The good news is that some members are stepping up to help out. **Michele Intermont and Mary Cohen** have volunteered to take a "team" approach to staffing the social director's position. **Emily Mattes**, who has held the post for the last year, is leaving in August for college.

While the "co-chair" concept is a new one for KBC's appointed positions on the Board of Directors, it is something that might be worth exploring further. Intermont and Cohen thought that by pairing up they could spread out the workload of that position. A team, rather than one person, is now responsible for the club's social activities. In addition, as neighbors, they thought it might be fun to get together and collaborate on some activities to help the club.

There is no reason why this approach could not be extended to other club positions. Perhaps there are a couple (or more) members who are interested in children's biking issues. Or general biking safety and education. The Safety and Education position is open at this juncture, ready for an individual or a team to step into the role. KBC could be doing more with its resources to help stimulate safe biking in the community.

Why not come to a KBC meeting and find out how you can help?

**Next KBC meeting: Tuesday, August 12th, 7 PM, YMCA building on Maple Street, Kalamazoo.**

### Upcoming KBC Events:

#### 6th Annual Ride Around Kalamazoo County, August 9th, 8:00 AM.

This ride takes in all four corners of Kalamazoo County and has been a successful, well-attended, and fun ride in the past. Please join in. It starts in the southwest corner of the KVCC parking lot, and the distance is about 100 miles.

The average pace of this ride is predicted to be around 18 mph. Ride leaders for different paces are welcome. There will be three stops at convenience stores or gas stations along the way for bathroom breaks and snacking opportunities.

#### 32nd Anniversary Ride and Party, September 20th.

Plans are being put in place to celebrate KBC's 32nd year in existence with a ride and social gathering at the Kal Haven Trailhead on Saturday, September 20th.

Several different ride routes will be offered, the longest in the 40 mile range. KBC will provide pizza and beverages at the end of the rides, and we might ask you to contribute some desserts or salads to help make it a balanced meal.

Mark September 20th on your calendar now, and we'll provide more details about this ride and party in the next PedalPress.

### August Birthdays

Stephen Barnes  
Linda Bruneau  
Alex Clothier  
DeeAnn Dopp  
Paula Eckert  
Ken Fouts  
John Johnson  
David Jones  
Austin Kucharski  
Emmanuel Millet  
Fred Royce  
Steve Secondi  
John Spaulding  
Tyler Stevens  
Zoe Teel  
Tyson Vonderfecht  
Kathy Watt

### August New Members

Eric Austin  
Terri Bedeck  
Ben Bedeck  
Tom Bedeck  
Mike Boersma  
Nancy Bunkley  
Tom Cappaert  
Martin Coffey  
John & Sandra Martin  
Gary Mattox  
Kevyn Raynes  
Patti Sweet  
Kevin Waterstradt

### August Expiring Memberships

Kevin Abbott  
Kristopher Blake  
Billie Ann Blake  
Susan Bond  
Steve Bugnaski  
Blake Family  
Terry Florian Family  
Christopher Gottwald  
Judah Gusmondo  
Jenni Martin  
Scott McAllister  
Jeff Miller  
Emmanuel Millet  
Renee Mitchell Family  
John Mulac  
Tom Owens  
Paul Raynes  
Bob Schuler  
Robert Slauson  
David Sperry  
David Warwick  
Rick Whaley  
Beth Woods Family

### July 1 TTTT Results

Doug & Kathy Kirk	21:22	26.68
Karl Kappenman	22:05	25.81
Jamie Clark	23:09	24.62
Mike Petersen	23:35	24.17
Megan James	23:51	23.90
Joe Williams	24:16	23.49
Dan Kallewaard	24:29	23.28
Tom Noverr	24:42	23.08
Randy Putt	24:43	23.06
Paul Raynes	24:50	22.95
Rick Whalley	24:53	22.91
Tom Keizer	25:02	22.77
John Mulac	25:11	22.63
Jeff & Graham Newman	25:43	22.16
Kevin Raynes	26:00	21.92
Terry O'Connor	26:30	21.51
Gary Mattox	27:13	20.94
Paul Bruneau	27:39	20.61
Dale Krueger	28:25	20.06
Jeff Harrison	28:58	19.68

### July 15 TTTT Results

Rider	Time	MPH
Jason Nicolai	0:23:07	24.66
Tom Cross	0:23:23	24.38
Scott Steurer	0:24:05	23.67
Richard Neumann	0:24:37	23.16
Kevin Waterstradt	0:24:44	23.05
Jeff Newman	0:24:54	22.89
Paul Raynes	0:25:13	22.60
Rick Whaley	0:25:17	22.54
Tom Noverr	0:25:35	22.28
Rob Nicey	0:25:53	22.02
Cheryl Olson	0:25:58	21.95
Kevin Raynes	0:26:13	21.74
Tom & Celine Keizer	0:26:54	21.19
Pastor Dale	0:27:28	20.75
Terry O'Connor	0:27:31	20.71
Paul Pancella	0:28:21	20.11
Mike Peterson	0:29:42	19.19

### Ron Gauthier Breaks Collarbone in KBC Crash

KBC sends best wishes to member **Ron Gauthier** for a speedy recovery from a broken collarbone he suffered on the June 20th Tour de Gull Ride ride.

Gauthier's front wheel contacted the back wheel of the rider ahead of him and he fell on his left side. His daughter **Rachel** (who is turning into a fine rider in her own right) reports that the lump over Ron's damaged clavicle is "gross," but the bone seems to be healing well enough - though not without pain.

Ron helped out at Flowerfest, and we hope to see him back on his bike soon.

## An Open Letter to the Kalamazoo Bicycle Club

7/17/2003

As Doug Kirk mentioned in a recent president's letter, I've moved out of town. It was something I've been thinking about for a long time. The main reasons I moved were to get some better weather in mid-winter, and to get closer to my family. The fact that I needed to look for a new job provided a good opportunity to move.

The main downside to this move is that I will miss the people I have met in the KBC. The KBC is a great club, and joining it made a big difference in the quality of my life. So I want to encourage you all to continue to make the KBC a great club, and I want to thank the people who helped make it a great club for me.

I joined the KBC in the summer of 2000 just after I started riding more seriously. I didn't know what I was doing, I just knew I needed to get out more, get some exercise, and meet some new people. I joined the club just after Flowerfest 2000, where I sucked wheel on the group with the Saturn rider for a little while until I could not hold the pace, and I rode for a short time with a couple of club members. I had been riding a mountain bike with slicks, and my road bike was only about two weeks old at that point, so the thrill of drafting the pack at 25mph was huge.

The KBC members I met were friendly too, and the good experiences I had at Flowerfest led me to start doing some club rides. The people I met there were friendly and helpful, and I enjoyed myself enough that I started riding more and more. I got fitter, and found that I enjoyed the club rides even more. Some club rides challenged me because I was in danger of getting dropped. Others were fun because I wasn't in danger of getting dropped, and the group rode together and had a good time. Longer rides were challenging to finish the distance, and I did my first Century after starting with some members of the club at the Turning Leaves Century.

I quickly became addicted to cycling, due in part to the influence of the KBC.

I want to encourage you all to keep those two aspects in the club. There should be rides where people are challenged to improve their fitness and their bicycling skills. There should also be rides where people have fun and enjoy being on the bike without stretching their limits. These two things don't have to happen in the same ride, but that combination of things was what sucked me into cycling in a big way. If you want to suck others like me into cycling and if you want to continue what I think are the greatest features of the club, you need the club rides to provide people with opportunities to challenge themselves and opportunities to enjoy themselves with other like-minded people.

I also want to thank those members of the club who helped make it enjoyable for me. I want to thank **Terry O'Connor, Bill Strome, John Thome, and Paul Stevens** for leading the first club rides I joined, and helping me to feel welcome there. I want to thank **Zolton Cohen** for leading the Half-Fast ride, for getting me to do the Tour de Gull, and for his many other contributions to the club, including his current stint as newsletter editor. I want to thank **Doug and Kathy Kirk** for encouraging me and giving me some good advice, and for all the fun rides we did on the weekends. I also want to thank **Terry O'Connor, Greg Bouwman, Rick Whaley, Tom Keizer, Cliff Muller, and Amy Lehman** for working with me on Flowerfest. Finally, I want to thank everyone who I rode with in various club rides for helping give me the thrill of riding in a big pack, and for many hours of fun on bikes.

I hope to be back to visit, and I hope you all continue to make the KBC great!

Dave Newman

## Need a Bicycle or Multi-Sport Helmet?

**Borgess Hospital Trauma Services** promotes safety by offering bicycle and multi-sport helmets for the whole family at very economical prices. The helmets usually range in price from \$5.00 to \$10.00, but prices change throughout the year. Call the Borgess Trauma Services office to confirm pricing.

The bike helmets come in dark blue with black foam, and are SNELL certified and meet the Consumer Product Safety Commission's bike helmet standard. They come with extra padding for customizing a correct fit. These helmets are for bike use only and come in a range of sizes for toddlers up to XL adult.

The multi-sport helmets are also dark blue with an ABS plastic outer shell. They come in four sizes, meet CPSC standards, and also come with auxiliary padding. They're designed for skateboard, inline skating, and scooter use.

If you are interested in purchasing a helmet from Borgess Trauma Services, they are available at the office on the Borgess campus on Gull Road, in the Medical Specialties Building, Suite 200. The office number is (269) 226-6917. Be sure to call ahead for current pricing and to make sure someone will be in the office when you arrive.

## NOTES FROM THE RIDE CAPTAIN

Haven't we had some great weather in the last month or so? Summer weather has definitely arrived in July with temperatures in the 80s and 90s and mostly sunny days. There has been some rain mixed in as well to add variety and keep the grass green. Along with the hot summer temperatures come road repairs. The county road crews have been busy laying down new chip and seal on numerous roads in Kalamazoo and adjoining counties. Keep a careful lookout for loose gravel. It can be treacherous.

With the weather so nice it is sometimes difficult to take a day or two off the bike. After riding hard I have found that it is important to take a few rest days. Doing so has improved my riding fitness. It could do the same for you. The Monday recovery ride group is just the ticket for an easy ride. It is also fun. I know this advice has been given numerous times before. It is worth repeating. Also, I spent a week in Colorado riding in the Rockies in late June. The benefits of riding at altitude become very apparent after returning home to the heavy air. I am riding stronger and the hills around here don't seem so daunting anymore.

The ride calendar is in full swing and attendance at the weekly rides continues to be strong. We have 40 or more riders at the Monday, Wednesday, and Friday rides. There are often 30 – 40 riders in one ride group! These large groups are great. We do need to remember to communicate road hazards and the presence of other vehicles within the group. Groups this large take up a long section of the road. We do share the road with vehicles. The groups have done a good job so far this year in following the rules of the road. Be careful not to cross the centerline and to stop at stop signs.

The rides have been congenial. There is a lot of communication and conversation among the riders. Everyone seems to be having a good time. The overall fitness of riders in KBC is outstanding. There are a lot of new faces at the rides this year, which is good news. The new riders are becoming regulars and are having a positive impact on the success of the rides. I encourage all of you veteran KBC members to take the opportunity to introduce yourself to riders you don't know. It is a chance to make new friends every week. Riders, if you have not tried a KBC ride yet this year, bring your bike and let's ride. 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 ride to South Haven was a success. There were 19 riders on a beautiful day with temperatures in the 80s and clear skies. The group stayed together all the way to South Haven with an average speed of about 17.5 mph. A few riders met family members in South Haven. I think everyone had a good time. Next month is the **Ride Around Kalamazoo County on August 9**.

Local Pfizer (formerly Pharmacia) employees are still coping with change. Several of our most active members will be leaving the area for new jobs. Some members will be re-locating to other Pfizer locations and others at different companies. KBC will need some new volunteers in the upcoming months to keep the rides going strong.

**NOTE: ALL WEEKDAY RIDES START AT 6:15 PM THROUGH AUGUST**

### AUGUST RIDE SCHEDULE

**The Monday Ride at Texas Drive Park** will consist of 3 to 6 ride groups in August depending on attendance:

- 15-20 mile group at 10-12 mph leaders TBD
- 15-20 mile group at 12-15 mph led by **Mike and Sherry Higgins, Cliff Muller and Luanne Cali**
- 25-30 mile group at 16-17 mph (new group) led by **Randy Putt and Zolton Cohen**
- 25-30 mile group at 18-20 mph led by **Terry O'Connor and Fred James**
- 25-30 mile group at 20+ mph leaders TBD

The 10-15 mph pace 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 may 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 16-17 mph group this season which has become quite popular with 15 – 25 riders each week. 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 has been a consistent group of riders in this group and yes, the pace is as advertised; around the posted 16-17 mph average.

The 18-20 mph group is for riders who are interested in improving their skills and speed to move into faster groups. The leaders plan to promote paceline skills and improving bike-handling skills.

The 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 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 five 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 19 – 20 mph led by **Tim Stewart**
- 30 mile group at 22+ mph led by **Zolton Cohen** (the Half-Fast Ride)
- 46 mile Hammerfest at 23++ led by **Doug Kirk and Matt Seibert** (starts at 6 PM)

**The fitness ride at 10-15 mph on the Kal-Haven Trail is a new ride.** Nancy plans to ride out for about one hour so that 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:

[NANCYLSUMMERS@yahoo.com](mailto:NANCYLSUMMERS@yahoo.com), or KBC's group list. Nancy indicates that she plans to ride most every Wednesday evening, so get out there and make this ride succeed.

Bill works hard at keeping his group together. It is a great ride in the hills NW of Kalamazoo. The **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, safe, and fast ride.

**New group** - If you cannot quite keep up with the Half-Fast Ride, think about joining **Tim Stewart** on the same route at a slightly slower pace (19 – 20 mph). Thank you Tim and **Ron Gauthier** for suggesting and leading this group.

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.

**Thursday night is Coed night at Texas Drive Park.** This is a nice and easy social ride and generally has a pace of 14 – 16 mph; 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. They could use some help on occasion.

**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 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 hear from you.

### SPECIAL WEEKEND RIDES

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

- The **4th annual W Ave Ride** (4 miles) from Vicksburg HS took place on April 27 led by Rick Whaley with 18 riders present on a beautiful day.
- The **2<sup>nd</sup> Annual New Member Recruitment Ride/Party** from the Kal-Haven Trailhead parking lot on May 17 was well attended.
- The **6<sup>th</sup> annual Old Car Festival Ride** (about 60 miles) from Vicksburg HS was held on June 7 led by Randy Putt. Ten single bikes and one tandem enjoyed a gorgeous day and great company at a comfortable pace. Dan Kallewaard and daughter Hannah (Hannah's 1<sup>st</sup> ride of the year) rode part way with us.
- The **6<sup>th</sup> annual ride to South Haven with a stop at the beach** (100 miles) was held on July 12. Larry Kissinger led 19 riders to South Haven, had lunch, and then rode back on a beautiful summer day.
- **Marion Barnes** invited KBC members to ride July 26 on a new mid-summer ride for families (5 - 10 miles) and other riders (30 - 50 miles) in NE Kalamazoo and SW Barry counties. We'll report on this ride in the September issue.
- **August 9** - The **6<sup>th</sup> annual Ride Around Kalamazoo County** (100 miles) will be held on August 9 at 8 AM, led by Randy Putt and others TBD. Meet at the KVCC parking lot (SW corner near the tennis courts) and be ready to ride at 8 AM. The pace of this ride is generally in the 18 mph average range, but will depend on the riders in the group. I encourage riders of all abilities to attend. We need leaders to accommodate other ride paces as well. Contact Randy if you are interested in leading. Bring your own food and some money to refuel along the way. The group plans to stop at least 3 times along the way for refueling. A map will be provided, or obtain one from the KBC web page.
- **September 20th** - The **32<sup>nd</sup> KBC Anniversary Ride** from the Kal-Haven trailhead parking lot; starting time, distance, and route TBD. **Dave Newman** has led this ride in the last couple of years. As some of you know, Dave has left this area as a result of a job change. We need someone to step up and help lead the ride this year. Please contact Randy Putt if you are interested in leading this ride.

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.

Check the KBC web page [www.angelfire.com/mi/kbc/](http://www.angelfire.com/mi/kbc/) for the ride calendar and any last minute changes.

### KBC Volunteers Help Vision-Impaired Children Ride Tandem Bikes

On May 7-9th, several KBC members helped out at a Michigan Blind Athletic Association's tandem ride by taking blind children for rides on their tandem bikes. Here's a letter from their director...

Dear KBC,

Many thanks to all the KBC members who assisted with the Michigan Blind Athletic Association's tandem ride on Wednesday, Thursday and Friday, May 7-9. We had an excellent turnout of youth athletes who are blind or visually impaired, as well as an excellent turnout of captains from KBC.

You will not be surprised, but tandem biking was the number one favorite sport at the camp. Everyone had a great time!! Many thanks to all who made this great event happen. A special thanks to **Doug Kirk** and **Paul Wells** for their leadership in recruiting captains!! Hope to see all of you out there again for next year's event!!

Sherry Gordon, tandem biking coordinator

## Racing Update

July is a slow month on the racing scene, but there will be plenty to do in August, so check out the coming events below. My very favorite mountain bike race, **Ore to Shore**, takes place on August 9<sup>th</sup> in the Upper Peninsula. You have the choice of the "Hard Rock" 44 mile point to point race or the "Soft Rock" 20 mile race. This is a very challenging race with the best spectators in Michigan!

I recently tried out my first KBC time trial this past Tuesday and it was a wonderfully organized event (as are all KBC functions I've attended). I found it to be great race practice and a good time! Nice job to everyone involved in putting on the club time trials!

Congratulations to Mark Olson for qualifying as a member of the 2003 Masters World Championship Team!

If I've missed your race results this year, please email me at [caolson@resourceocean.com](mailto:caolson@resourceocean.com) and I'll be sure to add your results in the future.

Cheryl Olson

## Race Results

Date	Race	Name	Class	Placement
6/29	Bloomer XC	Scott Steurer	Expert 40-49	4th
5/18	Whiskey Creek	Richard Neumann	Expert Singlespeed	4th
		Mike Birmann	Sport 40-44	2 <sup>nd</sup>
		John Spaulding	Sport 40-44	7th
		Taylor Birmann	Beg 11-14	6th
6/29	MI State Time Trial Champ.	Mark Olson	Cat 3	3rd
		Cheryl Olson	Cat 1/2/3	6th

## Upcoming Local Events

Date	Event	Website
August 2 <sup>nd</sup>	Ithaca XC	<a href="http://www.funpromotions.com">www.funpromotions.com</a>
August 3 <sup>rd</sup>	Big M XC	<a href="http://www.tailwind.net">www.tailwind.net</a>
August 9 <sup>th</sup>	Ore to Shore	<a href="http://www.oretoshore.com">www.oretoshore.com</a>
August 10 <sup>th</sup>	Hines Park TT (Road)	
August 17 <sup>th</sup>	Lapeer Criterium Detroit vs. Windsor RR	
August 23 <sup>rd</sup>	Ada Criterium	
August 24 <sup>th</sup>	Rockford Criterium	
August 31 <sup>st</sup>	Ft. Custer TT	<a href="http://www.tailwind.net">www.tailwind.net</a>

## Wolf Posts New Record at National 24 Hour Challenge

Second year KBC member **Patricia Wolf** of Jones, Michigan, not only set a personal record at the **21st Annual National 24 Hour Challenge** in Middleville, Michigan on June 14-15, 2003, she also posted a national 24 hour record for her age group.

Wolf, whose birthday is in May, rides in the 60-64 age bracket. She rode 205.4 miles to secure the record. And Wolf is not resting on her laurels. She'd like to tack another 50 onto that record in next year's race.

Congratulations to Patricia Wolf, and to all the other KBC riders who participated in the N24HC this year and in the past.

## Free Training Information from Carmichael Training Systems

Longtime KBC member **Jeff Webster**, who now lives in Colorado Springs and is president and CEO of Carmichael Training Systems (that's Carmichael as in **Chris Carmichael**, **Lance Armstrong's** coach), has presented KBC with a unique opportunity. And it's free.

The company is beta testing a new product, a training program designed for recreational cycling enthusiasts - not racers, but the kind of bikers you'll find populating most of KBC's rides. He's asked me to pass this offer on to club members. Did I mention it's free? Please contact [zcohen@ameritech.net](mailto:zcohen@ameritech.net) for more details. One major benefit is Q&A time with CTS coaches in the form of online "chats" on different topics.

## Editor's Letter:

The one thing certain about this bike club, as is true of most things in life, is that things change. When I started riding with KBC in the late 1990's, a large turnout at the Tour de Gull was 7-8 riders. Now there are often 40 or more beating gears around Gull Lake on Friday nights. And back then a good, fast ride was slightly over 18 miles per hour. Now it's unusual for the fast group to come back with less than about 21.5 mph showing on their bike computers. Our bikes are better, we're faster riders, and we're getting around the lake in much less time.

Yep, things change in the bike club, and we need to be aware of these changes and restructure the bike club to keep up with the shifting demands.

**Issues, Issues...** Vice President **Jeff Newman** (one of the fastest riders in the club) had the experience of getting dropped from rides twice this summer – and not because he couldn't keep up the pace. One incident had to do with riders in the front of a group not waiting for other riders who had been detained at a stop sign by cars going by.

After discussions at KBC meetings and through the KBC listserve, ride leaders of most of the groups have made it understood that such behavior is not what is expected out of bikers who ride with KBC. This has always been KBC policy, but it sometimes goes off the radar screen from time to time and needs reiteration and reinforcement.

The response to this initiative has been very positive. It now seems there has been a "culture" created in the club that insures that what happened to Jeff shouldn't happen again – well, at least until the next time it happens. It is difficult for a ride leader to "control" a large pack of independent-minded, oxygen-starved adult riders. But it is up to the ride leaders to show the way on issues such as these, and it seems as though most riders are willing to listen and ride within the group's expectations for considerate behavior.

Another item that comes up virtually every year is that a new rider will show up for a club ride, get dropped, and then will either contact someone on the Board of Directors to "discuss" his experience or, more often, just never show up again.

This is unfortunate, and perhaps we need to examine how we're doing things around here to

better accommodate new riders – and also existing ones who maybe want to move up to a faster group.

There are other things KBC needs to work on as well. For instance, it is well known (and spelled out in the *PedalPress*) that the Hammerfest is a ride where, because of the pace and the attitudinal makeup of the riders, some bikers can expect to be dropped from the main group. That's a given. But what of the Half-Fast ride on Wednesdays? Or the Tour de Gull? Nothing has ever been written about what to expect when you show up – either as a new rider or someone moving up to one of those groups from a more moderately-paced one – for one of these rides.

To address some of these issues, Newman has suggested a "classification" type rating system for the rides; a way for someone contemplating participating in one of those groups to read about what to expect beforehand. KBC member **Mike Peterson** found a bike club in Minnesota ([www.mtn.org/tcbc/](http://www.mtn.org/tcbc/)) that uses what they call a "ride key." And what they have listed could be a good starting point for where we want to go with this. Our ride classifications could be published on the website and in each month's *PedalPress* as part of the Ride Schedule.

But for this to work, we need to think hard about what to include in the classifications. As a new rider, or one who is considering moving up to a faster group, what information are you looking for? What is most important to you? Average ride speed is already covered in the ride schedule. How about the "aggressiveness" of the ride – for instance, are people at the front of the group likely to attack and ride out on a breakaway, leaving the others behind?

We need some input on this, as well as any other ride-related issues. We can only change KBC policy with your help. Please contact Jeff at [jeff@newmanit.com](mailto:jeff@newmanit.com) or me at [zcohen@ameritech.net](mailto:zcohen@ameritech.net) with your ideas and opinions. We'll be discussing this at the next KBC meeting, so also consider coming there with your suggestions.

In the meantime, please go out and partake in the joys of biking during this wonderful summer we're having. There's nothing like a ride in the open air to clear your head.

Zolton Cohen, KBC *PedalPress* editor



## Lucky Charms

By Axel Kleat

Just now, half-way through the 2003 Tour de France, Lance is just barely in the yellow jersey. And Joseba Beloki, a truly worthy adversary and by all accounts a gentleman, just suffered a terrible crash, what I'd call getting high-sided, as the two of them worked together to chase down a breakaway.

I've seen the replay at least ten times now, but how Lance managed to avoid the carnage and keep the rubber side down cyclo-crossing across that field to rejoin the race is beyond belief.

Talk about twists of fate. Two of the best riders in the world are flying down a mountain together a couple of feet apart. Suddenly one loses control and is thrown so hard he breaks all sorts of bones as his flesh grinds against hot tarmac. And the other, forced off the road by the downed rider, finds not a cliff, a wall, some boulders, a ditch or even a few trees blocking his way; just some nice grass awaiting him in the only escape route possible.

First Lance avoids the crash, and then he lucks into the perfect detour around a still-dreadful problem of how to possibly negotiate the turn, all in about two seconds.

Lance still leads, but Beloki's entire career is in jeopardy and he's lucky to be alive, even though they were both doing the same thing at the same time, right next to each other.

Of course, this is hardly the first time similar dramas have played out in the world of professional cycling. At least two riders have died this year. And who can forget Lance's other primary adversary, Jan Ullrich, flying over the bars and into a ditch a couple of years ago, only to pop out, hop on another bike, and soldier on. How about Tyler Hamilton taking second in the Tour of Italy despite a fractured shoulder blade and currently sitting fourth

overall in the Tour de France, riding on a collarbone he fractured in the first stage.

No wonder when the television camera moves in for close-ups it reveals gold chains with some sort of religious charm hanging from nearly all the riders' necks, swinging beneath their unzipped jerseys as they labor up unimaginable grades.

These guys are fanatical about their weight, yet they choose to add a few ounces just for the good luck that bit of weight might carry for them.

And these guys actually have a big advantage over the rest of us. They race on roads that are closed to other vehicles! Watching that crash over and over was a fine object lesson in why the best riders in the world do what they can to have their Gods looking out for them out there.

All this was roiling around in my head today as I noodled around on a mid-week slow ride. And the big lesson I drew is that I ought to be doing everything I can to curry the favor of my own guardian angel. Though I rarely manage to get the bike going nearly as fast as those racers, it only takes one mad or inattentive driver to put an end to all the fun, or one pile-up in front of me on a group ride to really put the hurt on my pedaling action.

It's not enough just to have good skills and be careful out there. Poor Mr. Beloki is proof. I figure if my karma's going good, the drunk might just choose another route, I'll just spot that enormous hole in the road in time to dodge it, the guy who drops his bottle will be behind me in the pack, and my tire might get soft *before* I leave the house.

So I do what I can to make the powers that be overhead think I'm worth keeping around, just as you can bet Lance does. And maybe, if I'm a good boy, I'll be far enough ahead of the game that when some angry and unhappy soul sees me pedaling in his lane up ahead, my karma will overwhelm his dogma and save my sorry ass.

# KBC

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## Kalamazoo Area Bike Shops

- Alfred E. Bike-----349-9423
- Billy's Bike Shop-----665-5202
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- Milwood Schwinn-----349-6384
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- Team Active-----962-7688
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## 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:**

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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