

# KBC PedalPress

[www.kalamazoobicycleclub.org](http://www.kalamazoobicycleclub.org)

The Newsletter of the Kalamazoo Bicycle Club

October 2004

## President's Letter:

October, 2004

The true harbinger of fall every year is the DALMAC Tour. Kathy & I make our annual pilgrimage to Lansing for the 4-day ride to the Mackinaw Bridge every summer, but come home to find morning autumnal crispness and evening darkness settling in well before we're ready.

This year the cool, wet summer changed things around a bit. The nicest weather of the year arrived a few days before the event, and lasted right through and beyond. The days are indeed shortening precipitously, but the weather's been great in early September.

Good weather really helps make an enjoyable tour, but the real key is the company you keep along the way. This year, Kathy and I had the pleasure to ride many, many truly sublime miles with KBC members **Richard Neumann, Paul Wells, and Cricket Howard**, along with quite a few miles with many great friends from all over the State we've come to know over the many years we've enjoyed this absolutely first-rate tour. About 40 people from the Kalamazoo area did the tour, though most were on one of the other three routes.

Along the way this year we glued ourselves to the back ends of a couple of tandems, rode in all sorts of other groups, and had riders attach themselves to our back ends as well. But the best riding of the tour was with our fellow hometown hammerheads and a transplanted Englishman we met a couple of years ago from East Lansing, Matthew Reeves, whose Waterford offers a marvelous wheel to follow. As a bonus, if we let Cricket and Matt do the talking, we were clearly the most urbane and international sounding group out there.

The people are what really set the tone for any multi-day event—and both the staff and the participants play big roles. After 34 years, and manned entirely by volunteers, DALMAC has their end mastered. After check-in, one could easily do the entire trip without interacting with a single staff person. Yet helpful, knowledgeable people are there at camp, at meals, and surprisingly frequently along the routes if needed.

Still, my loudest applause is for an unusual combination—glaciers and the various county road commissions, who have worked together to allow a route that progresses from good at the beginning to simply outstanding by the end. Even after 15 repetitions, I still find the route from Traverse City to the Bridge truly challenging and stunningly beautiful. That such riding exists in our own backyard is a gift not to be taken lightly. Just ask Paul, Richard, or Cricket.

Doug Kirk

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**Next KBC monthly meeting: Tuesday, October 12th, 7 pm, YMCA on Maple Street in Kalamazoo. Nominations for Executive Committee positions on the KBC Board of Directors are invited at this meeting.**

**October Birthdays:**

David Bauer  
 Rochelle Birman  
 Michele Cudahy  
 Bill Duggan  
 Rachel Farrell  
 Jan Fouts  
 Rick Gippert  
 Sherrie Glas  
 Paul Grabowski  
 Deb Gray  
 Mike Higgins  
 Austin Jones  
 Karen Jones  
 Tom Keizer  
 Robert Kennedy  
 Mark Krook  
 Pam McDonnell  
 Douglas Northcott  
 Marjorie O'Connell  
 Paul Pancella  
 Susan Peterson  
 Mark Prairie  
 Kevyn Raynes  
 Matt Siebert  
 John Thome  
 Sam Watt

**New members:**

Andy Alexander  
 Eric Feucht  
 Rosie Grzebyk  
 Jeff Hutchison  
 Wendy Hutchison  
 Jaime Laisure  
 Don Pluta

**October Expiring memberships:**

Fred & Susan Einspahr  
 Matt Gaffner  
 Mark Prairie  
 Ann Richmond  
 Keith Wilkinson

**Biking Instruction:**

Though the bicycling season is winding down, professional team mountain bike rider (and KBC member) **Cheryl Olson** is still teaching her popular women's and children's mountain biking classes at Fort Custer.

If you're a woman and have always wanted to learn to do general bike maintenance, or how to handle a mountain bike better on a trail, this is a great opportunity to learn in a non-threatening atmosphere from one of the best. And her kid's mountain biking class is a great way to get your child started off right in the great sport of mountain biking.

**Bike Maintenance for Women:** Learn to change your own tire, repair a tube and do general bike maintenance and care the right way! This is a "hands on" class where you'll get to practice what you learn.  
 Saturday, October 23rd, 9:00am - Noon at Fort Custer.  
 Cost is \$25.

**Intermediate Mountain Biking for Women:** This class will focus on skills such as conquering sand, balance, cornering and mastering obstacles (such as logs) in the trail. Class size is small and includes practice skills in a controlled environment as well as trail riding with techniques practiced on the trail.  
 Saturday October 23rd, 2:00 pm - 6:00 pm at Fort Custer.  
 Cost is \$35.

**Mountain Biking for Kids:** Kids ages 8 - 13 will learn the fundamentals of mountain biking. The class will start with the very basics, such as proper shifting and braking. Students will learn to ride on the trail safely. There will be skills instruction in a controlled environment as well as a group trail ride.  
 Sunday October 24, 2:00pm - 5:00 pm at Fort Custer. Cost is \$30

Sign up for any class with a friend and you'll each save \$5. Contact Athletic Mentors with questions or to sign up: 269.664.6912 or [AthleticMentors@mei.net](mailto:athleticmentors@mei.net).

**Anyone Got a Used Tandem for Sale?**

I am looking for a used tandem for my wife and myself. Our respective heights are 5'8" and 6'4." I can be reached at 586-739-9513 or [diesel9@wowway.com](mailto:diesel9@wowway.com).

Robert Walker

## SEPTEMBER, 2004, KBC MINUTES

KBC's regular monthly meeting was held Thursday, September 16th, 2004 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, Zolton Cohen, Mike Boersma, Tom Keizer, Terry O'Connor, Victor Van Fleet, Paul Bruneau, Brad Fry, and Mike Berry.

The September meeting began with the presentation of a new KBC club jersey (donated by none other than **Axel Kleat!**) to **Paul Bruneau** honoring his first place overall single-bike finish in the Tuesday Night Time Trial Series, and for his help in mounting the TNTT results on the KBC website in easily-readable fashion.

KBC Treasurer, **Terry O'Connor**, will pay **Chris Barnes** for the refreshments he provided after the last time trial event, held on September 14th.

KBC Webmaster **Kathy Kirk** reported the club's new website is up and running at [www.kalamazoobicycleclub.org](http://www.kalamazoobicycleclub.org). New content has been added to the website, and Kathy expects to continue working on the overall site design. Online registration for membership is now available at the club's website, via *PayPal*. **Paul Bruneau** is currently testing the feasibility of ordering club jerseys and registering for the Flowerfest event online. Kathy will write a short piece to be included in the *PedalPress* regarding the new site.

**Doug Kirk** reported that **Chris and Marian Barnes** have again offered to host the annual KBC Recovery Party. Saturday, January 22nd, 2005, has been tentatively chosen as the date for the event.

**Terry O'Connor** provided an update on the club's financial status. The club had \$9,000 in the savings account, and \$3,400 in the checking account. The 2004 Flowerfest event posted net profits of \$1,100. The club has approximately \$3,400 in jersey inventory, resulting in an operating deficit for the year of \$1,400.

**Doug Kirk** reported that the Internal Revenue Service had sent a letter to the club asking why the club was not paying income taxes. **Terry O'Connor** discussed the situation with *H & R Block*, and learned that the club did not generate enough income to require the payment of taxes. **Doug Kirk** passed this message along to the IRS.

KBC Executive Board elections are scheduled for the November monthly meeting. **Tom Keizer** has agreed to run for the position of club treasurer. The positions of President, Vice-President, and Secretary are also open and interested members should contact a member of the executive board or come to the next KBC meeting in order to run for these elected offices.

**Doug and Kathy Kirk** agreed to takeover the responsibility of distributing the remaining club jerseys. Club members who wish to purchase a jersey should contact Doug or Kathy.

With no further business to attend to, the meeting was adjourned at 8:10 pm. **Next meeting on Tuesday, October 12th, 7 pm, YMCA on Maple Street in Kalamazoo.**

Respectfully submitted, Brad Fry, KBC Secretary

**Race Results:****RACING UPDATE**

The National Criterium Championships were in Downers Grove, IL last month. With one lap to go in the category 3 men's race, a lone rider shot off the front of the pack with amazing speed.

The crowd watched and wondered (many doubted) if this rider could hold off the pack. As the riders rounded the final corner and rode into the spectator's view it was still the lone rider off the front! That rider was our own **Luke Kujacznski!!!** For this one spectacular performance Luke received an automatic upgrade to a category 2 rider!!!! Congratulations Luke!! In the cat 2 race at Downers Grove, **Mark Olson** was having a stellar race until he was tangled in a crash and broke his finger.

At the VERY mountainous Green Mountain Stage race in Vermont, **Mike Miles** was the talk of the town. In spite of 2 crashes, one of them into a guard rail, one cracked frame, one pair of trashed Zip wheels (which cost around \$1400) and one destroyed neutral support bike, Mike placed 3rd in the mountain road race and earned his upgrade to category 3. We hope you are recovering well Mike! Our old friend **Dan Gillespie** and Mark Olson also competed in the stage race in the PRO field with very respectable results. Nice job guys!

In other news, **Zach McBride** is still flying high after he rode away from the Jr. Men's field in the Rockford criterium. Zach took off on the second lap and held the guys off for rest of the entire race, lapping much of the field. Keep it up Zach!! This guy is going to be in the big leagues some day!!

If I've missed your race results, please email me at [caolson@mei.net](mailto:caolson@mei.net). With so many events on the local calendar it's hard to find them all without a bit of help!

**Ithaca XC MTB, 8/8/04**

Kevin Vichinski: 1st (Expert 30-39)  
Mike Birman: 2nd (Expert 40+)  
Taylor Birman: 2nd (Sport 14& under)

**Fort Custer TT, 8/22/04**

Cindy Gippert: 3rd (Expert Women)  
Zack McBride: 1st (Expert 19 & under)  
Kevin Vichinsky: 3rd (Expert 30-39)  
Scott Steurer: 2nd (Expert 40+)  
Stephen Barnes: 10th (Beginner 11-14)

**Rockford Criterium, 8/28/04**

Zack McBride, 1st (Jr. Men)

**GREEN MOUNTAIN STAGE RACE, ( PROLOGUE, CIRCUIT, ROAD RACE, CRIT)**

Mark Olson: 104th/ 69th/ 92nd / 85th (Pro 1, 2)  
Daniel Gillespie: 88th / 101st/ 97th /68th (Pro 1,2)  
Mike Miles: 7th/crash/3rd/hospital (Cat 4)

**DOWNERS GROVE NATIONAL CRIT CHAMPIONSHIPS, 8/28/04**

Luke Kujacznski: 1st (Cat 3)

**UPCOMING EVENTS**

October 2 & 3: UCI Cyclocross, Waterford ([www.tailwind.net](http://www.tailwind.net))  
October 9: Cyclocross, Richmond Park ([www.kisscross.com](http://www.kisscross.com))  
October 10: Michigan Mt. Bike State Championships, Boyne ([www.funpromotions.com](http://www.funpromotions.com))  
October 17: Cyclocross, Lower Huron Park ([www.kisscross.com](http://www.kisscross.com))  
October 23: Cannonsburg Challenge XC ([www.funpromotions.com](http://www.funpromotions.com))  
October 30: Cyclocross, Stoney Creek ([www.tailwind.net](http://www.tailwind.net))  
October 31: Cyclocross, Robinettes ([www.Kisscross.com](http://www.Kisscross.com))

**Ride Schedule:****RAMBLINGS FROM THE RIDE LEADER****Don't forget: All KBC rides start at 5:30 in October!**

I can't believe we are approaching the end of another ride season. The months go by too quickly. Year 2004 has been another great ride season for KBC. The weather this summer was great for riding and we are sporting new KBC jerseys. We did have a few rainouts this year, yet I heard that some die-hard cycling enthusiasts still showed up at our club rides to ride in the rain. I got caught in the rain a couple of times myself with 30 other cycling crazed individuals on the Tour de Gull. But September has given us fantastic weather for cycling.

I know that schools and colleges are in session, so some of you are having a harder time getting to the rides at this time of the year.

Attendance at the rides remains stronger than ever and I think KBC has been successful in providing rides for cyclists of all abilities, especially riders on the road. Ride attendance at KBC weekday rides has increased over last year. There have been lots of new faces. I continue to be amazed at the fitness level of cyclists in KBC. Everyone is riding well.

The Monday (4 groups with 40+ riders), Wednesday (3 groups with 50 – 60 riders), Thursday (1 group with ~15 riders), and Friday (3 groups with ~40 riders) rides all have devoted attendees, even when the weather is threatening. Also numerous riders are riding their bikes to the rides, which is a great way to get in a few more miles and to treat the environment kindly.

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. KBC is always looking for opportunities for new rides. I recently received a call from a KBC member suggesting a new ride.

Let's ride safely. I have one comment after hearing about a recent bike-to-bike accident on one of the rides, and a couple of close encounters I witnessed recently. In my opinion, and as a result of discussions with other riders, the accident and the close encounters seemed to be the result of one or more riders not holding their line in a group. If riders are cutting in and out of their "line" while riding in a group they become unpredictable and may cause other riders to swerve. A swerve by one rider can cause a nearby unsuspecting rider to compensate by swerving, which may in turn cause that second rider to run into another rider and crash, or be run off the road.

This swerving action can and has resulted in accidents and/or close calls. Usually the rider initiating the action is not the one that is disrupted. In fact, this rider may be completely unaware that he/she is causing a problem.

When riding in a large group, it is critical that each rider behave in a predictable manner. If you witness any rider behaving in an unsafe manner, kindly point this behavior out to the rider and to the ride leader. Also, let others in the group know so that they can watch out for this type of behavior.

Recently, a KBC member contacted me and asked if there was any interest in starting a morning ride during the week. I think it is a great idea. How about it, anyone interested? Contact me, the ride captain, and let's discuss it. I will work with the KBC member who contacted me to try to get this ride started. Are there other ride ideas out there?

We had four successful special weekend rides so far this year, including the W Ave Ride in May, the Ride to South Haven and Back, and the Barnes Family Ride in July, and the Ride Around Kalamazoo County (RACK) in August. These rides were well attended (10-25 riders on each ride). By the time you read this newsletter, the 33rd KBC Anniversary Ride and the new Fall Ride will have occurred in September. Unfortunately, the Old Car Festival Ride from Vicksburg in June was rained out for the first time in its 7-year history. We plan to continue these rides next year and there is always room for more weekend rides.

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The weather has remained beautiful for riding as we approach 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 large KBC contingent and the riders were treated to fabulous weather. For those who like a challenge, check out the Columbus Fall Challenge October 2 and 3 ([http://www.outdoor-pursuits.org/main/news/0408news/0408a\\_cfc.htm](http://www.outdoor-pursuits.org/main/news/0408news/0408a_cfc.htm)). 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 Street hill just south Alamo. We don't have hills like this in Kalamazoo County. Also, the Hilly 100 in Bloomington, IN on October 16 and 17 (<http://www.hillyhundred.org>) is a great way to end the touring season. The Hilly 100 attracts more than 5,000 riders from across the Midwest. All 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.

There are nice days in October, November, and even December, so weekend rides are possible during the final months of 2004. 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. Or call me at 649-1814.

The October ride schedule is posted on the KBC website at [www.kalamazobicycleclub.org](http://www.kalamazobicycleclub.org). And, again, don't forget that all KBC weekday rides start at 5:30 pm in October!

### KBC Anniversary Ride/Party

We're still wondering how they pulled it off, but KBC Social Directors **Michele Intermont** (still wet behind the ears from her successful traverse, with a team of swimmers, of the English Channel) and **Megan James** uncorked one of the best riding days of the summer for the 33rd KBC Anniversary Ride on Saturday, September 18th. In picture-perfect weather, approximately 28 riders did the 38 mile ride route (no thanks to a certain newsletter editor's faulty orienteering at the start), and many others did some of the shorter rides.

And when the riders returned to "home base," the picnic area at the Kal Haven Trailhead, the Social Directors had laid out a feast fit for – well, fit for hungry bikers. Lots of pizza, desserts, salads, and liquid refreshment.

With **Paul Bruneau** hawking Flowerfest tee shirts, and **Doug Kirk** doing the same for the KBC jerseys, the day took on the quality of a happy street fair. Call it the "Taste of KBC."

Great job Social Directors! Everyone very much appreciated your efforts in putting this event together.

### The Dog Days of Summer

By Axel Kleat

Well actually, I guess dog days happen to cyclists most any time, but it seems to me that dogs chase more in warm weather than the rest of the year. What is it about dogs, anyway? You ever get chased by a squirrel or a muskrat or a deer. Of course not. I was going to add cats to the list of non-chasers, but a very energetic little cat south of town did chase a small group of us for a good eighth of a mile one time. That calico kitty held nineteen miles per hour at full gallop and was taking huge strides.

But I digress, and in the first paragraph, too. Apparently dog brains come from the factory with "chase anything that rolls down the road" programmed into their DNA, though most give up on cars after a while. Let's face it—cyclists are a much more inviting target. Put yourself in a dog's paws. What would you do with a car should you catch it? Try a bite of bumper or a taste of tire? Hardly four-star stuff.

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What do these canine critters want with us anyway? What would they do if they actually caught us? Sweaty, skinny, sinewy cyclists should hardly be at the top of any discerning dog's must-have menu. Do they want us to hurry up and exit their doggie empire, or do they really wish we'd slow down so they can get close up and sink their fangs in? Or do they just relish the fact that someone's passing by at a pace to give them an opportunity for a good chase to liven up the afternoon between naps on the front porch? Maybe they just want a good reason to practice barking in full flight.

My wholly unscientific theory is that different dogs have different endgame plans. A few really do seem to want a big chunk of my ankle, and while I have seen a few fangs at much closer range than I'd like, so far flesh and fang have yet to meet. Lots of dogs are just going through the motions, so to speak. Their owners are around someplace and the dog feels obligated to put on a good show. I think some dogs (with good agents) have contracts that include incentives—like doggie treats—for especially good displays of aggressive behavior.

I know quite a few cyclists who are scared of dogs. And while I commiserate, in my own experience dogs are more likely to pay the price. I've seen two dogs killed and two more badly injured chasing bikes, along with a couple of others who got their bells rung or their butts bopped. I've seen two cyclists taken down running over dogs, none bitten.

These sad events often end up with an introduction to the dog owner, generally an enlightening experience. Show me a mean, ornery dog, the kind whose intentions are clearly evil and not just out for a good chase, and I'll show you an owner who will quickly demonstrate from whence the dog acquired its disposition. Yet I recall a dog owner who was far more concerned about the injured cyclist than his dog yelping in the field nearly with an obvious broken leg.

Thankfully, genuine close calls with really mean dogs are pretty rare around here, though I hasten to add from personal knowledge that cyclists in other parts of the country, especially the deep south, have it lots worse.

Those hidden electric fences certainly have their good points. I can't be the only biker to breathe a sigh of relief when a big Shepard digs in all four paws and stops right at the edge of a yard. The voltage must be enough to really make an impression, because I've never seen what happens to one who oversteps his bounds.

Every few years I get to see my favorite chasing-dog sight—a dog who forgets he's on a leash until it's too late. I can only imagine how much it must hurt to have the chain snap tight around his neck as Fido reaches full flight. I generally laugh like a raving idiot at the time, then feel guilty about it later. Heck, the dog probably wasn't really interested in how my ankle tastes, but he sure paid a price just because I looked like a good, fun chase.

Another favorite, one that pops out of the weeds more often, is a yip-yip dog. You know the ones—Yorkies and terriers and other miniature mutts not much bigger than your hand. Their stubby legs are a blur as they scamper across the yard, but they're just too small to be scared of, and besides, I'm faster than they are. I take pride in making sure these tiny terrors get in a real good sprint workout, adjusting my pace to stay just out of reach.

Besides discerning just how much of a threat each dog poses, there are a few of other dog-dealing skills a cyclist should master. First, the ability to work out quickly the angle and the speed of approach to decide if a late-starter has any chance of catching up—some dogs are much brighter than others about picking their line. Second is to work on a really mean-sounding snarl of your own to use on the dogs that have timed things right and have the drop on you. I aim my bike right at 'em and really yell. It's remarkably effective. And if you're in a pack, get someone else between you and that mangy mutt. Hey, better him than me. And give yourself lots of room. Braking, swerving, scared cyclists actually pose a bigger threat than the dog.

Still, it's those really mean dogs that live on really steep uphill that really make me nervous, especially the ones that have friends!

**RETURN SERVICE REQUESTED**



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LAST ISSUE: 2005.02  
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**Other Important KBC Folks**

Database Manager: Paul Bruneau.....343-6016  
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**Kalamazoo Area Bike Shops**

- Alfred E. Bike.....349-9423
- Billy's Bike Shop.....665-5202
- Breakaway Bicycles.....324-5555
- 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 groupserv 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**