

# KBC PedalPress

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

The Newsletter of the Kalamazoo Bicycle Club

March 2004

## President's Letter:

Kathy & I were among several Michigan bicyclists with the very good fortune to spend more than two weeks in January in southeast Spain, an hour south of Valencia on the Mediterranean Sea. Best of all, the entire purpose of the trip was bicycling. So how was the riding?

Imagine riding down smooth, skinny asphalt farm roads through thousands of acres of trees laden with not-quite-ripe oranges in the flat land by the big, beautiful, blue Mediterranean Sea. Think of pedaling through postcard perfect rural villages with winding, cobbled streets barely wide enough to separate centuries-old tiled buildings rising straight up from the curb on either side.

Imagine riding away from the sea through olive and almond trees sprouting white and lavender blossoms planted in dozens of fieldstone-lined tiers carved in long, twisting steps into the mountainsides by hundreds if not thousands of years of grueling labor.

Imagine climbs of 1000 - 2500 vertical feet with perfect pavement and sweeping, twisting descents fast enough to test all your bike handling skills and wear out brakes in a matter of weeks (Our 6<sup>th</sup> St hill is about 200 vertical feet.) Oh, and don't forget the asphalt bike paths—separate from the highways—between many of the larger towns.

Imagine riding where drivers—even in cities—respect you as a cyclist and give way, riding where other lycra-clad groups, including professional teams like Domo, swoop by the other way, or zoom right past you on a climb.

And the weather? Snow is apparently unheard of. The mountains in our area top out at 3000 feet. Heat and humidity? You bet—in the summer, we're told, but not in January. Blue skies and highs in the 60s most every day is hard to beat. There were a few pretty windy days, though. And believe me, riding up mountains with non-stop switchbacks and serious gradients that go on...and on...and on in a 25 or 30 mph breeze builds character—character that really comes in handy when white-knuckling down the hairpin descents as that same huge wind swats you across the road as you 'round the corners in your best inner-knee-out, weight-on-the-outer-pedal style! Yee-Ha!

Spain is definitely bicycling Mecca in January.

Doug Kirk, KBC President

## KBC Wish List:

Several volunteers have decided to step down from their positions at the Kalamazoo Bicycle Club.

Longtime Database Manager **Kathy Kirk** has been keeping up the KBC database, which includes information on both the current membership as well as the Flowerfest mailing list, for some years. **Mary Cohen**, co-chair in 2003 with Michele Intermont of the Social Director's position, is vacating her spot after a year's service. **Randy Loga**, *PedalPress* folder, tabber and deliverer, expressed his desire to give up the task to someone else as well.

The good news is that there are some KBC members already interested in assuming two of these slots. **Paul Bruneau** has tossed his hat into the ring for the Database Manager's position, and **Megan James** would like to join Michele in the Social Directorship. According to the Constitution, these are Board of Directors appointed positions; discussion and voting by the Board about these matters will take place at the **next KBC meeting on Tuesday, March 9th, at 7:00 PM at the YMCA on Maple Street in Kalamazoo.**

That leaves us with the need for someone to take over Randy's duties. The *PedalPress* Preparer spends two to three hours per month picking up the printed newsletter from Kinko's on West Michigan by the WMU campus, folding the copies one time, affixing an adhesive tab to keep them closed, and delivering them to Lake Michigan Mailers, on Stadium Drive west of Oshtemo. Anyone interested, please contact Randy at [bikeRANDclimber@yahoo.com](mailto:bikeRANDclimber@yahoo.com) or Zolton Cohen at [zcohen@ameritech.net](mailto:zcohen@ameritech.net).

Looking ahead, **Terry O'Connor** has indicated that this will be his last year as KBC Treasurer. Terry is in his third year at this position and is looking for someone with some basic bookkeeping experience to take over the treasurer's duties.

KBC's treasurer needs to ride herd on the checkbook and savings accounts, is responsible for reimbursing members for expenses incurred on KBC's behalf, and deposits checks from membership applications, donations, and Flowerfest fees.

Elections for treasurer and other Board positions take place in November.

## KBC is Jersey City!

KBC members **Mike Lahaie** and **Jeff Newman** have been working for months on the design and logistics of the new KBC jersey. And their efforts are about to come to fruition. Illustrations of the new jersey designs can be viewed on the KBC website.

If you'd like to actually own one of these beauties, you'll need to get in touch with Mike at [lahaie01@yahoo.com](mailto:lahaie01@yahoo.com), or 668-9032. The price for the regular short sleeve jerseys is \$50.00 until March 20th. After that, because we might have to enter into a second printing, the cost may go up.

These are quality Voler jerseys, and if you've priced bike clothing lately you'll know that the price is certainly reasonable. Plus, there's the undeniable "cool" factor of wearing the KBC logo on your back...

Mike says there are other items also available, each imprinted with the KBC jersey design:

**Skinsuit** - short sleeve, 20" hidden zipper, team short \$78.25

**Sleeveless Race Jersey** - 20" hidden zipper \$46.75

**Wind shell vest** - Double zipper \$44.75

**Thermal vest** - Double zipper \$81.75

**Sleeveless Race Skinsuit** - 20" hidden zipper, team short \$72.75

So get those orders in to Mike early. Don't forget the prices may rise after March 20th. The delivery date for the jerseys has not yet been set, but there is some talk about organizing a ride/jersey distribution event in the spring. Details in the next *PedalPress*.

---

### Crassified Ad:

Cannondale road tandem, red, large frame, Shimano components, stoker seatpost shock, excellent condition. \$1800 Bill Watt 349-9562

## Tuesday Night Time Trial Series to Start in June

The "Race of Truth," KBC's Tuesday Night Time Trial series (TNNT) will run this year on the first and third Tuesdays of the month from June through August.

The starting point will remain the same; the Pavilion Township Hall at the corner of Q Avenue and 29th Street, but the starting time has been changed to 6:15 PM.

New administrators **Chris and Marian Barnes** have backed up the starting point and extended the finish so the TNNT route now measures exactly ten miles, but otherwise the course is identical to the one used last year, incorporating three right hand turns to form a square loop.

Chris and Marian plan to add some new twists to the TNNT this year, such as developing a handicap system and team time trials with two or more riders. Frequent participation enables individuals to observe their own fitness program progress as the season goes on. The TNNT also provides a great opportunity to socialize and meet up with other KBC members. Remember, you must be a paid-up member of KBC in order to participate in the KBC TNNT.

---

## KBC Recovery Party Review

by Zolton Cohen

"Nah, I don't want any beer. I'm watching my carbs."

Those rather foreign sounding words were overheard at the KBC Recovery Party, held on January 24th, 2004 at the home of **Chris and Marian Barnes**. The words seemed foreign at any rate to anyone experienced at bicycle party-going.

The result was that the quarter keg of Bell's Amber Ale beer stashed in the basement was not entirely consumed by the end of the night - but that every bottle of wine purchased for the party was. Is this a new trend? If so, will it carry over into the summer riding season, when many of us search our kitchens frantically after long rides for carbs - any carbs - to wolf down?

But let's talk about the party. And a grand event it was.

KBC's Social Directors **Michele Intermont** and **Mary Cohen** report that out of a package of 100 name tags,

32 remained unused at the end of the night. That means, if our math is correct, that some 68 souls ventured out into Kalamazoo's frigid weather in order to attend the party. And some partygoers didn't even bother to affix nametags to their chests, so the number may actually have been higher.

And they brought food. Lots of food. An entire dining room table full of salads and appetizers. And another table full of desserts. It was enough (barely) to feed a house full of hungry bikers. Even those on carbohydrate-restricted diets.

KBC has many people to thank for the success of the Recovery Party, starting with the Barnes family. Not only was it above and beyond the call of duty to open up their home to so many people, but **Betsy Barnes** was very helpful in running the coat livery, and uber-BMXer **Steve-O** also contributed much effort in making the party participants feel at home. (And really Steve-O, no one told your mom about that large plate of desserts you spilled on the rug in front of the fireplace. She'll never know....)

Social Directors Intermont and Cohen worked long hours and planned mightily to pull this whole thing off. And it is a tribute to their organizational ability that things went so smoothly. Their crockpots full of meaty and meatless chili were appreciated by the throng, even those who proclaimed to be on carb-free diets. Sorry, we'll stop mentioning this soon.

**Mike Miles** put together a very slick slide and music show of KBC's 2003 events, along with images of mountain bike races. He said he only invested "about 2,000 hours" into the project, and that after a needed computer upgrade he plans for next year, the 2005 Recovery Party slide show will be even better. We're holding you to it Mike. Thanks also to **Randy Putt**, who managed to sneak the digital projector we needed to put the slide show together out of the Pfizer facility in which he works.

Past KBC president **Tom Cross** deserves recognition for filling in for current KBC president **Doug Kirk** as the moderator and MC of the big door prize give away. His enthusiasm for biking in general, and free schwag in particular, added much to the proceedings.

And speaking of free schwag, where would KBC be without the annual donations of "stuff" from **Alfred E Bike**, **Breakaway Bicycles**, **Billy's Bike Shop and Village Cyclery**? Well, we'd be a poorer club for it, that's for sure. Not only do these fine local shops support the club at the Recovery Party, but they also contribute in so many ways during the course of the year. We're indeed lucky to be "partnered" with such generous people. And it doesn't hurt to remind our members at this time that, as they support us, we need to support them. Bike globally, buy locally. Or something like that.

Errata: **Mike Lahaie**, who along with past KBC vice president **Jeff Newman**, is spearheading the new KBC jersey effort, had "fitting" jerseys from Voler along at the party. This enabled those interested (Mike said he's collected over 60 names so far) to try on different sizes to see which would fit best. So look for some new threads on KBC member's backs this summer. If you haven't had a chance to look them over yet, go to the KBC website at [www.kalamazoobicycleclub.org](http://www.kalamazoobicycleclub.org) for a look-see. Mike and Jeff will be coming out with ordering information for the jerseys soon. They're way cool...

And now to the awards!

**Doug and Kathy Kirk**, who did not attend the Recovery Party due to their training opportunity in Spain, usually hand out "gag" gifts of bicycle pasta to members who happened to fit into some specific categories. This year, those awards went to:

#### **Most Improved Cyclist Awards:**

1. **Male: Jason Nicolai**, a strong young buck.
2. **Female: Alice Hoekstra**, a newcomer, tri-athlete, and fast-improving cyclist.
3. **Most Improved Time Trialer Award: Paul Bruneau**, for significant strides on his recumbent.
4. **Fastest Healer from an Injury Award: Ron Gauthier**, from a broken collarbone suffered on a ride early in the year. But in Ron's absence from the party, this bag of pasta went to **Terry Florian**, in the hope he can recover quickly from his recent back surgery.
5. **Well Rested/Tough Cookie, Coming Back from Serious Illness Award: Mike Jones**, for battling heart and respiratory problems last year, and returning to top form in the latter part of 2003.
6. **Favorite Wheel to Suck/Mr. Smooth Award: J. Scott Steurer**, whose strength and steadiness made every pack he is in faster, safer, and more enjoyable.
7. **Combined Most Improved Mileage/Most Enthusiastic Cyclist Award: Terry O'Connor**, for logging over 6,500 miles, and loving every rotation of his wheels.
8. **Fastest Non-Conventional Biker/Mr. Wind Cheater Award: Paul Pancella** on his arrow-thin, low-rider recumbent. From a physics standpoint, it all makes sense...
9. **The Acorn Not Falling Very Far from the Tree/Promising Young Cyclist Award: Andrew Florian**, who got stronger and faster every time out. Look out for this kid next year.
10. **Mr. "Behind the Scenes" Volunteer Award: Larry (Mr. Webmaster) Kissinger**, for his years of work in keeping the KBC website up to date and timely.

**11. He's Here, Now We Can Leave/Last Minute Arrival Award: Rob Nicey.** It's such a pleasure riding with him, we're willing to hold 50 bikers back until he gets his tires pumped up.

**12. 11 Tooth Cog/Grind it Out Award: Fred Eiasphar.** Someone give this guy a spinning lesson - please! It hurts our knees watching him lug his engine.

**13. Why Warm Up?/Let's Sprint at the Start Award: WMU Cycling Team.** A word to the wise - When you're young you can do this. When you're old you can't. But those young now will be old some day. Good habits developed while young can provide benefits later in life. Warming up is not a waste of time.

KBC also gives out an annual Volunteer of the Year award, and this year it went (deservedly so) to: **The Jeff Newman Family; Jeff, Nicole, and Graham.** For Nicole's hard work and time volunteering on the TNTT series, and for the many contributions Jeff made as Vice President of KBC last year - KBC awarded them a \$50.00 gift certificate from Breakaway Bicycles. And thanks to Graham for showing up to keep his parents in line.

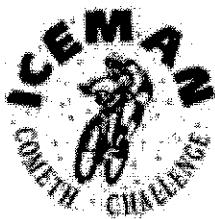
Finally, the best thing about the Recovery Party was all the talk that went on - and there was plenty of that to be had. It was great to catch up what our biking buddies (and their spouses!) were doing over the winter. There was kid talk, vacation discussions, illness and injury reports, cross country ski information, life changes, parents, - oh, and bikes and biking, and what the next riding season promises.

KBC really is a community, and a neighborly one at that. If you weren't able to attend this year's Recovery Party, remind yourself to do so next year. For many, this event alone is worth the price of a membership - and many ate more than our share to get our money's worth! Thanks again to Chris and Marian for opening up your home to us!

Does anyone have any ideas for a Recovery Party location in 2005?

**For those who like to plan ahead:**  
Iceman Cometh registration is now open to all who are interested. Race date this year is Nov 6th.

[www.iceman.com](http://www.iceman.com)



## MARCH RIDE SCHEDULE

It's 20°F outside with lots of snow on the ground and no thaw in sight. In fact, last night was the coldest night of the year. It seems a little strange to be writing about the upcoming ride season. On a more positive note, a warming trend is on the way. Maybe the temperature will even reach 40°F by the end of the week. It is the time of year to start planning for rides when the weather starts to improve. I guess I'm an optimist, so let's plan some informal rides for March in preparation for the 2004 ride season. There will be no "official rides" scheduled for March, but I know there will be riders ready to ride as soon as the weather improves. When the weather cooperates, impromptu rides will most likely materialize in the next couple of months.

- Meet at 12 PM on Saturdays in the SW corner of the KVCC parking lot near the tennis courts in March
- Meet at 1 PM on Sundays in the SW corner of the KVCC parking lot near the tennis courts in March
- Meet at 5:30 PM on Mondays at Texas Drive Park
- Meet at 5:30 PM on Wednesdays at the Kal-Haven Trail parking lot
- Meet at 5:30 PM on Fridays at Billy's Bike Shop in Galesburg

The riders who show up at any of these locations can determine the length and pace of the ride. **There will no official ride leaders or maps provided in March.**

If anyone would like to lead a weekend ride in March, give me a call or send me a description of the ride via e-mail or use the *KBC-General* group e-mail list. If the roads are dry, there will be riders ready to ride. I have a lengthy e-mail list of riders, so the ride information can be transferred quickly and on short notice. If any of you would like to be added to the e-mail list, send your e-mail address to me ([sterling.r.putt@pfizer.com](mailto:sterling.r.putt@pfizer.com)).

## BE A RIDE LEADER

Not much warm weather so far this year. The last time I was out riding on the road was just after the New Year. Hope everyone has been doing some sort of off-season training. If you have, you have been doing a lot better than I. There is just too much to do at work and at home. I know there are a few of you who have ridden outside in spite of the cold weather slippery roads. You are dedicated. Even more riders have been riding regularly on a wind trainer or rollers, in spinning class, and a lucky few have even ridden in Spain this winter. Even though the road conditions are not suitable

for regular riding now, they will be soon. It is time to start to think about the upcoming ride season. Spring is just around the corner?

KBC had a great group of ride leaders last year, and the 2003 ride season was another great year. Attendance at the rides continued to increase, with many new faces. KBC can always use more ride leaders. New leaders bring different perspectives to the rides. *We especially need leaders in 17 mph and under 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. If this sounds like my usual yearly request, it is. Also, check out the route maps on the new KBC web site ([www.kalamazoobicycleclub.com](http://www.kalamazoobicycleclub.com)). Give it a shot. The club will be happy to help get you started leading rides.

During the past several years there has been considerable rider participation in the 17+ mph ride groups, and these groups are well established for the three weekly ride nights. There were several groups in the 10-15 mph range on Monday evenings, depending on the time of year. There was a ride leader who started and consistently led a 13 – 15 mph ride on the Kal-Haven Trail on Wednesdays last year. Unfortunately, not many riders joined the ride leader. There was also periodic participation on Friday nights in the under 16 mph range. In order to make additional 10-15 mph ride groups a part of the KBC ride calendar, KBC needs you 10-15 mph riders to participate and to help lead the rides. If you are planning to take a ride why not invite others and do the ride during one KBC's normal ride days and ride times? You could also start a ride on another night or on the weekend. We are open to suggestions for new rides. Once a group gets started it feeds on itself. Riding with a group can be a lot of fun.

One of the great successes for new rides last year was the Recovery Ride (16 – 17 mph) on Monday evenings. **Zolton Cohen** and **Randy Putt** - mostly Zolton - led this ride. There was a consistent group of 15 – 25 riders most of the season. The group stayed together start to finish on most occasions. This was a diverse group with a mix of different riding abilities.

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. You just need the willingness to ride with a great group of people who enjoy riding their bikes. We would be more than happy to hear about other ride suggestions.

## PROPOSED YEAR 2004 RIDE SCHEDULE

KBC plans to continue the Monday, Wednesday, Thursday, and Friday rides for the 2004 season. In addition, we plan to offer these six special weekend rides:

- The **W Ave Ride** (48 miles)(we need a new leader since ride originator, Rick Whaley, has moved to Ann Arbor, unless we can coax him back) the last weekend in April
- The **Old Car Ride from Vicksburg** (60 miles) the 2<sup>nd</sup> Saturday in June
- The **Ride From Kalamazoo to South Haven and Back** with a stop for lunch and some beach time (100 miles) in July (usually the 2<sup>nd</sup> Saturday)
- The **Barnes' 2nd annual Family Ride** in late July
- The **Ride Around Kalamazoo County** (100 miles) in August (usually the 2<sup>nd</sup> weekend)
- The **33<sup>rd</sup> Anniversary Ride** in September

KBC plans to offer these rides again in 2004. We are open to other ideas for weekend rides as well. Send your ideas to any KBC officer or the Ride Captain.

---

Descriptions of the regular weekday rides are listed below. *The full ride schedule will start in May, with ride start times at 6 PM.* KBC plans to offer at least a partial weekly ride schedule in April as the weather permits. Look for details in the April Newsletter.

The **Monday Ride** at Texas Drive Park will consist of six ride groups, which should provide a pace to suit riders of all abilities:

- 15-20 mile group at 10-12 mph
- 15-20 mile group at 12-15 mph
- 25-30 mile recovery group at 16-17 mph
- 25-30 mile group at 16-18 mph
- 25-30 mile group at 19-20 mph
- 25-30 mile group at 20+ mph

The 10-15 mile groups will generally ride the same route and are recommended for new riders. The 25-30 mile groups will typically ride the same route in the early part of the season. KBC recommends the 15 – 17 mph group for more experienced riders who are new to the club. The leaders for the 16 – 17 mph and 18 - 19 mph groups plan to keep the groups together and at a steady pace. All riders who want to push the pace can do so in the 20+mph group. The 18 – 19

and 20+ mph groups will most likely start riding the more hilly routes after May, at the discretion of the riders and leaders.

The **Wednesday Ride** meets at the Kal-Haven Trail Parking lot. KBC plans to offer 3 ride groups:

- 10-15 mile fitness group at 10-15 mph on the Kal-Haven Trail
- 25-35 mile group at 16-18 mph
- 25-35 mile group at 20+ mph.

**Nancy Summers** worked hard to build up the fitness group, 10-15 mph, on the Kal-Haven Trail last year. The number of riders on this ride was low most of the year. I recommend we try it again this year starting in May or June. A ride leader is needed to make the ride a go.

The Wednesday night Hammerfest will start at Kal-Haven Trail Parking lot at 6 PM when daylight savings time kicks in. 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. There is no designated ride leader. The group typically fragments into smaller groups and the riders oftentimes do not finish together. This ride is hard and is not suitable for inexperienced riders. Some riders can expect to be dropped from the main group.

**Thursday night** is a nice and easy social ride night at Texas Drive Park and has a small but loyal group, which is growing in size. Riders of all riding abilities are welcome. The pace is typically 15-17 mph and distance is 20-25 miles.

The **Friday Tour de Gull** meets at Billy's Bike Shop in Galesburg and the pace varies depending on who shows up. We did have a 16-17 mph periodically as well as a large 20+ mph group last year. The fast group typically leads itself. The route for this ride is well established so the ride leader job is easy. KBC President Doug Kirk has suggested adding an additional, perhaps more moderately paced ride, to explore the roads south of Galesburg on Friday nights.

Plans for the 3<sup>rd</sup> year of the **Tuesday Night Time Trial** are in the works. The Barnes family plans to run the time trial this year and plan to use the same route as last year. The route starts at the Pavilion Township Hall at the corner of Q Ave and 28<sup>th</sup> St. The time trial will run the first and third Tuesdays of the month, starting in June.

## An Invitation to Ride

One of the primary functions of KBC is offering an opportunity for club members to participate in group rides with other club members. To this end, KBC offers road rides for casual riders, families, tourists, fast tourists, and racers. The club has also offered mountain bike rides from time to time. KBC offers regular rides from 10 to 35 miles at ride paces from 10 to 20+mph. There is likely to be a ride for you in this schedule. KBC also offers longer weekend rides.

If you have never ridden in a group, the weekly club rides are a great way to get started. Riding with a group is great fun. Kalamazoo County is blessed with many good low-traffic roads that are suitable for group cycling. If KBC does not offer a ride that suits your needs, contact any club board member or the ride captain and volunteer your services to lead a new ride. We will be happy to get you started.

You need not own an expensive bicycle or upscale clothing to ride with KBC. We do, however, require wearing a helmet, and recommend cycling shorts, bringing a water bottle, cycling gloves, a pump, a tube patch kit or a spare tub, and tools (especially tire levers to remove a flat tire) for minor adjustments or repair along the road.

Flats and other mechanical breakdowns do happen on occasion while riding. When riding in a group, there will usually be someone on the ride to assist you. However, you should know how to change a tire by yourself, and also how to do some basic emergency repairs and adjustments to your bike. **WE DO REQUIRE THAT ALL RIDERS WEAR A BICYCLE HELMET.** This requirement is a matter of safety and common sense.

## How to Lead a Club Ride

Ride leaders play an important role in our ride program. There is room in our monthly ride schedule for any ride. Leading a ride is your opportunity to share your cycling pleasures with other club members. It is our opportunity to learn from your experience.

There are nine easy steps in leading a ride:

1. Call the ride captain (Randy Putt) at 649-1814 and volunteer to lead one of our regularly scheduled rides, or propose a ride of your own (newsletter deadline is the 15th of the month prior to the scheduled ride; for example, the deadline for the May ride calendar is April 15).

2. Provide a map of the ride route (these maps can be added to the KBC website for future use).
3. Arrive at the starting place of the ride on the scheduled day about 15 minutes prior to the start time to greet riders in your group.
4. Have all riders sign the release form (available from the ride captain) as they arrive (KBC members need only sign once during the year while nonmembers must sign at each ride).
5. Hand out maps after the rider has signed the release form (most of the regular club rides have established routes and maps are available on the web page - [www.kalamazoobicycleclub.com](http://www.kalamazoobicycleclub.com)).
6. Make needed announcements about the ride.
7. Make sure new riders feel welcome.
8. Make sure riders stay with the group, especially newer riders and slower riders.
9. And most importantly, have a great ride.

If you have any questions about ride leader duties or would like to lead a ride, call the Ride Captain at 649-1814.

### February 10th KBC Meeting Minutes

KBC's regular monthly meeting took place on February 10th, 2004, with President Doug Kirk, Vice President Mike Boersma, Database Manager Kathy Kirk, Newsletter Editor Zolton Cohen, FlowerFest Director Tom Keizer, Communications Committee Chair Jeff Newman, Ride Captain Randy Putt, Paul Bruneau, Mike Lahaie, Scott Freer, and Mike Miles present. Secretary Brad Fry was absent and asked Zolton Cohen to record notes in his place.

A report from KBC Treasurer **Terry O'Connor**, via **Kathy Kirk**, indicated that KBC currently has approximately \$4,500.00 in its checking account and \$9,000.00 in savings. There was brief discussion about how best to spend some of the money – on bike racks for local businesses, helmet give-aways, or other community-based projects – but nothing was decided.

**Zolton Cohen** reported for Social Directors **Michele Intermont** and **Mary Cohen** that the expenditure for the Recovery Party was \$262.00.

**Mike Lahaie** informed the group that 64 people have signed up to purchase a new KBC jersey so far. There was discussion about setting a final price for the jerseys, attracting more corporate sponsors for the remaining spots on the jersey backs, and the possibilities of ordering special order items from the company manufacturing the jerseys. Details about the conclusion of those discussions appear on page two of this *PedalPress*.

It was noted that the ProSport, the small bicycle shop on Parkview, has closed its doors.

**Tom Keizer** reported that the Flowerfest Bicycle Tour will occur on Sunday July 18th, and that preparations for the event are going well so far. While the demise of the Saturn Cycling Team may mean KBC won't be able to import a professional biker to ride with us, one of the Flowerfest Committee is in negotiation with the USPS team to possibly bring in someone from that team to ride with KBC during Flowerfest.

Ride Captain **Randy Putt** solicited any ride schedule changes and reiterated the need for ride leaders for the upcoming season. **Mike Miles** suggested adding a one-time hill climbing event to the season's schedule and will work out the details to present at a future meeting. **Doug Kirk** suggested possibly splitting the Friday night ride group up into two sections, with one group riding on the traditional route around Gull Lake and one heading in a southeastern direction.

There was discussion about the possibility of mounting the *PedalPress* online instead of mailing paper copies to members. An ongoing issue, there are divergent opinions about the feasibility of undertaking this change.

A proposal came up about abandoning the mailing service and asking local bike shops to handle distribution of the monthly *PedalPress* newsletter. Another surfaced about printing up a KBC ride and contact information sheet (with membership application) once a year to place in the bike shops for hand-out to interested parties, and having that sheet direct those parties to the website for further information about the club. In that proposal the *PedalPress*, or some version of it, would then only be available online at the KBC website. The discourse was tabled until the next meeting.

**Kathy Kirk** stated that she would like to turn over the database management duties to another member. The database is in Access software, and time spent on the job of the job varies with the season. Duties include maintaining and updating both the KBC membership and Flowerfest databases, and periodically printing out labels for mailings.

**The next KBC meeting is scheduled for Tuesday, March 9th, 7:00 PM at the YMCA on Maple Street in Kalamazoo.** All KBC members are invited, and encouraged to attend.

Respectfully submitted, Zolton Cohen, KBC Newsletter Editor.

## Editor's Letter:

Just some rambling thoughts...

It's Sunday, February 22nd, I just turned 53 yesterday, and **Mike Miles** just left my house. He's been helping me learn the new software we're using to put the *Pedal-Press* together.

Mike is deft with this stuff, even though he claims to be "relearning" it now after not having had the chance to use it much lately. His fingers fly over the keyboard and he makes my computer mouse sit up and take notice when he's at the controls. It never gets such quick and decisive handling from me. It's going to take a long time for me to become even half as familiar as he is with this stuff. It takes practice to become good at something.

That point was brought home to me this winter when, despite what Axel Kleat claims, a large number of KBCers went cross country skiing and actually *enjoyed* themselves.

A group of dedicated skiers had petitioned the City of Kalamazoo Parks and Recreation Department to allow us to groom one of their golf courses for cross country skiing this winter. To our utter shock and awe, they said yes, and within a short while we had acquired the use of a snowmobile and groomer. Then the staff of the golf course signed on to help get the project going, including KBC's **Jeff Rohrstaff**, a regular at the Wednesday night Half Fast Ride.

So we had a place and (after the snow finally started falling on January 5th) the opportunity to ski close to Kalamazoo this winter.

For some competitors in cross country ski racing, including well known local riders Richard Neumann, Dan Ferrara, Paul Wells and yours truly, the chance to ski nearly every day paid dividends when it came time to strap on the boards for real in races held up north. Kalamazoo was well represented in the final standings when all was said and done.

But now it's time to put the skis away and get back on the bikes again. KBCer **Jim Eckert** just called and asked if I'd like to go out for a spin. I couldn't today because I had this "homework" to finish. But I hope he calls again soon. I'm itching to get back out there. Though I've had a good and exercise-filled winter, I'm anxious to do something else. And that "something else" is biking.

Like many of you, I consider these early season "practice" miles - done slowly and deliberately - an important base for a good season of hard riding. So once the weather cooperates, let's get out there and get to it.

Zolton Cohen, KBC newsletter editor

## Changes in Store at KBC

In any organization, things do not remain static for long.

So it is with KBC, as new volunteers like **Mike Lahaie, Michele Intermont, Paul Bruneau, Megan James** and **Mike Miles** get involved in the day to day operation of the club. Spring brings new beginnings, and it feels like there's new blood running in the club, new ideas, and new energy.

According to Ride Captain **Randy Putt**, KBC is once again putting together an ambitious ride schedule for the 2004 riding season. In addition to the regularly scheduled four-nights-a-week club rides (and five nights on the first and third Tuesdays when the TNTT is running), KBC is sponsoring at least one longer weekend ride per month. And let's not forget Flowerfest, KBC's major tour and prime fundraiser in July.

It takes volunteers to run rides and events: organizers, planners, and leaders. And while we've got most of the day-to-day jobs covered at the moment, there is at least one position at KBC that has gone unfilled for several years - Community Relations Director.

KBC could be doing more in the community to promote bicycling. But without someone to get us involved in various projects, we have no active contact point outside our own relatively small circle. If you're interested in becoming KBC's "voice" in the community, please come to a meeting and introduce yourself. We could use the help.

And speaking of which, Randy Putt is again asking for volunteers to step up and lead some rides this summer. Without ride leaders our rides would, literally, go nowhere. This is your opportunity to imprint your particular riding style on KBC. This summer, won't you give ride leading a try?

### Upcoming Bike Racing Schedule

#### Cycling:

March 27 - Fisk Knob TT - Sand Lake, MI  
([www.pfizercycling.com](http://www.pfizercycling.com))

#### Mountain Biking:

April 18 - Yankee Springs Time Trial ([www.tailwind.net](http://www.tailwind.net))

April 24-25 - Women's Dirt Weekend 1 ([www.cycle-fit.net](http://www.cycle-fit.net))

April 24-25 - Cannonsburg Challenge  
([www.funpromotions.com](http://www.funpromotions.com))

#### Tri/Du-Athlon:

April 3 - Indoor Triathlon - Perrysburg YMCA  
([www.eliteendeavors.com](http://www.eliteendeavors.com))

April 18 - Dooby Du Duathlon - Sylvania, OH  
([www.eliteendeavors.com](http://www.eliteendeavors.com))



## Dusty Thoughts

By Axel Kleat

I suspect only the grayhairs out there remember a great pop song from the mid 1960s by a one-hit wonder, Dusty Springfield. A love song about a girl who needs some advice about her man, the title is the first three words:

Wishin',...and hopin',...and figgerin',...and prayin'...

Plannin'...an' schemin'...

The young lady is wishing for the love she just knows is out there, but just can't get ahold of. The next stanza offers advice for the lovelorn gal, cajoling her to quit plannin' and schemin' and risk taking some action. Well, the song heads off in the direction of hugs and kisses after that, and this is a bicycling newsletter. So you've probably already picked up that I'm working on an analogy here between Dusty's love trouble and being a Michigan bicyclist late in winter.

All those "g"-less verbs are right on point. I'm wishin' and hopin' for a break in the weather. I'm not even too choosy anymore. As winter stretches out and tempts me with a few days in the 30s and daylight all the way to 6:00, the fact that I am buoyed by such miniscule improvements displays the depths of the depravity occasioned by bicycling withdrawal. The analogy to unrequited love is pretty hard to miss, don't you think?

In late February, with no thaw and no riding conditions suitable for anyone other than a total masochist since the first of January, the first few words pretty much sum up my feelings about the weather. Is thirty-five degrees and some dry patches on the roads too much to hope for? Don't misunderstand—I'm figurin' and prayin' for an early thaw, blue sky and seventy degrees, but I know better than to expect much heat or sunshine anytime soon. Anything else around here this time of year would indeed require divine intervention.

So for now I'm stuck plannin' and schemin' for the good weather ahead, and it helps my frame of mind to remember at least once a day that the likelihood of real, honest-to-God outdoor riding after a few more weeks is extremely good—and better than Dusty's chances of finding true love.

The plannin' and schemin' this time of year is the hard part since it whets my appetite for the real thing. Since trainer time is in no way comparable to time spent really riding, trainer time counts only as plannin', at best. Sweatin' over the trainer, I suspect, does more to inspire me to get outside and train in even marginal conditions than it does for my fitness. And I scheme ways to keep weight off so I don't get dropped in the spring, though I have yet to locate a scheme to enjoy eating less, and being cold and hungry.

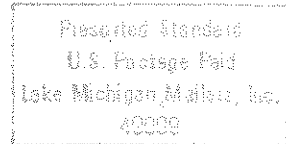
Although no one's ever convinced me going for a run is *ever* fun, I do realize there are people who actually report having fun exercising in the winter on skis or in the pool. For others, the withdrawal pains are so severe they organize group sufferfests complete with heart rate monitors or even computrainers in order to quantify, record and otherwise immortalize their sufferings in minute detail.

Only the skiers get to be outside, and they manage to sound fairly convincing that they actually enjoy a season that lasts just few weeks, features wildly variable conditions, frozen fingers, and the loss of earthiness that comes with having to fire up a four-wheeler and motor out to one venue or another.

Ever notice that you don't hear anyone lamenting the end of trainer season? And what few injury-free skiers remain to lament the spring meltoff are quickly hooted back into their warming huts by those of us who have grown to loathe Coach Troy and have watched enough Tour videos that we know the third place finishers on every stage since 1996.

Back to true love. I want to enjoy my bicycling affection love *now*, just like any other unrequited lover. Hopin', figurin', prayin'—or even knowin'—that it'll be there sooner or later just prolongs the agony, and early spring weather is as capricious as any cruel lover.

Waitin's gone on long enough. Time for Dusty and I to risk our feelin's. We both stand to get hurt, but the pain in Dusty's heart isn't nearly as up close and personal as the freezin' cold and wet of March riding. Still, our hearts will be tougher for the commitment, and the ride later on will be that much better.



**RETURN SERVICE REQUESTED**

2005/02

PHIL CARUSO  
 313 HORSESHOE CT  
 PLAINWELL MI 49080-3111

**2003 KBC Officers**

President: Doug Kirk.....388-5045  
 e-mail: kirkdoug@aol.com  
 Vice President: Mike Boersma.....720-1409  
 e-mail: m\_e\_boersma@voyager.net  
 Secretary: Brad Fry.....383-8047  
 e-mail: bafry@netonecom.net  
 Treasurer: Terry O'Connor.....342-4608  
 e-mail: Terry.OConnor@Davenport.edu

**Other Important KBC Folks**

Database Manager: Kathy Kirk.....388-4000  
 e-mail: klkirk@ameritech.net  
 Newsletter Editor: Zolton Cohen.....344-0200  
 e-mail: zcohen@ameritech.net  
 Ride Captain: Randy Putt.....649-1814  
 e-mail: SRBike@aol.com  
 Social Director: Michele Intermont.....373-8929  
 e-mail: intermon@kzoo.edu

**Kalamazoo Area Bike Shops**

- Alfred E. Bike.....349-9423
- Billy's Bike Shop.....665-5202
- Breakaway Bicycles.....324-5555
- Instant Replay Sports.....345-9040
- Parchment Bicycle.....343-8118

**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**