

KBC PedalPress

www.kalamazoobicycleclub.org

The Newsletter of the Kalamazoo Bicycle Club

May 2004

President's Letter:

No doubt many of you saw the color picture of **Kathy Kirk** and I finishing one of KBC's time trials on our tandem in the *Gazette* a few weeks ago. Although the writer of the article had contacted me for a brief interview, I had no idea such a fine article (much less one of our Editor Zolton's terrific pictures) was in the works. KBC kudos and my personal thanks to Zolton for his efforts—there's no way to put a price tag on publicity like this.

As I write this, the first week of KBC's ride schedule is complete. We had about 60 riders at the Monday ride and closer to 70 at the Wednesday ride! Fabulous turnout—lots of old faces and quite a few new ones too. And as far as I know, the rides all went off without a hitch—not always the case at the beginning of the season, believe me.

I'm especially pleased with the number of new faces, particularly in early April, when the weather is unpredictable and often chilly. As President, I'd like to take credit for the increase in riders, but honestly, I think two factors are primarily responsible—word of mouth (always the best advertising) and our website.

The club owes a big Thank You to **Larry Kissinger**, who has been our Webmaster from the beginning of the site. Also, several other KBC members are getting heavily involved with the website—**Jeff Newman, Mike Miles, Paul Bruneau** and my wife Kathy are all working along with Larry to revamp and enlarge our web presence.

Our new URL, www.kalamazoobicycleclub.org is just the tip of the iceberg, and I have no doubt these talented people will amaze us with the quantity of information and quality of presentation we'll soon see.

On an unrelated note, the WMU Bicycle Race Club staged a road race April 10, 2004 in northwest Kalamazoo County, utilizing a 10 mile circuit that included the infamous 6th St hill and another tough climb on 6th between G and H Avenues. A truly difficult course that the men's "A" group circled 7 times!!

I believe **James Whitesides**, one of the WMU team's linchpins, got the inspiration for the course from the World Pro Road Race course in Hamilton, Ontario, where we saw James working a much tougher but still similar course as a marshal. James was the main man behind the local event, and everything I saw looked like good racing, good organization, and even a good turnout of racers and spectators.

I hear tell that the plan is to make this an annual event, and on behalf of KBC, I certainly hope both the race and the **WMU Cycling Team** thrive for years to come. Congratulations on a job well done.

Doug Kirk

Important Change Proposed for *PedalPress*

KBC's Communications Committee, comprised of members **Paul Bruneau, Zolton Cohen, Kathy Kirk, Larry Kissinger, Mike Miles and Jeff Newman**, proposed at the April 13th, 2004 KBC meeting to eliminate printing and mailing copies of the club's *PedalPress* newsletter to members. In their proposal, the mailed newsletters would be replaced by an online version, available only to members.

The text of this proposal is as follows:

Proposal to move the KBC *PedalPress* from printed and mailed hard copy to online format

1. The KBC Communications Committee proposes that KBC cease publishing and mailing the *PedalPress* newsletter to members in its present form as of February 2005.
2. After the February 2005 date, the current issue of each new *PedalPress* would be available - to members only - on the KBC website.
3. Members would be informed of the arrival of each new issue by means of a brief email announcement containing a link that would direct them to a page on the website. An email database separate from the one at KBC yahoo group would be set up and utilized only for new *PedalPress* announcements.
4. Issues of the *PedalPress* would be published (online) once a month, on or around the first of the month. The website would also contain a section devoted to time-sensitive information that might need to get out to members between regularly-scheduled publication dates. Older issues of the *PedalPress* would be archived online and available for viewing by anyone. All online *PedalPress* issues would be available in an easily-printed format.
5. Hard copies of the *PedalPress* would be printed (in limited numbers) in the online format and made available at KBC monthly meetings, and at the weeknight rides. This hard copy service would be directed specifically at those members who do not have email addresses, a computer, or access to same, and would be discouraged for those too lazy or disinterested to follow the link to the online version.
6. The online version of the *PedalPress* would contain the same information as is currently in the hard copy, and could include new features such as photographs (both included in and linked to stories) - recipes, new columns, ride reviews, maintenance tips, etc.

As part of an overall revamping of KBC's communications policies, the proposed newsletter delivery change would be a major step in KBC's history. And, as with any change, there are plusses and minuses to be considered.

On the minus side of the ledger, a survey conducted last year by the *PedalPress* revealed that several club members do not own computers, do not have access to them, or otherwise cannot receive email or visit a website. Additionally, several other members expressed their preference to read a hard copy newsletter as opposed to an online version. Finally, it was thought that by mounting the *PedalPress* online KBC would have nothing to "sell," so membership might fall off.

The Communications Committee endeavored to address each of these concerns, and also to think through the logistics surrounding this change. Therefore, members who do not have web access would be able to obtain a hard copy of the current month's *PedalPress* by attending either a club meeting or a club ride.

Members who do have web access (and a printer) and prefer to read a hard copy of the newsletter would be able to print out the *PedalPress* from the website, should they still desire to read it in that format.

By making the current issue of the *PedalPress* available on the website only to KBC's members, KBC would retain a "product" presumably worth paying for - along with all the other benefits club membership entails.

As to the plusses, mounting the *PedalPress* online would save the club a significant amount of money and volunteer time each year.

Printing and mailing the newsletter to nearly 200 members runs up an annual charge of approximately \$2,400.00. After extensive composition, editing, and formatting, the newsletter is delivered by the editor to a printer. Another volunteer picks the completed printed copies up and begins the task of preparing them for mailing. Each newsletter has to be folded, tabbed to keep it closed, and then the entire batch needs to be delivered to our mailing service. The database manager compiles a list of current members and sends that list over to the mailing service, and eventually the US Post Office delivers the *PedalPress* to each member's mailbox.

An online *PedalPress* would eliminate much of that effort, freeing volunteer time to work on other club projects; another "problem" to ponder would be what KBC would do with all the money formerly devoted to *PedalPress* mailing and printing.

There are environmental benefits to an online newsletter as well, in the elimination of printing and mailing bike club news that could be efficiently delivered in a paperless form.

An online newsletter would also provide better informational accuracy. Changes to a paper newsletter, in the case of a printing error or important typographical error, are either laborious before the piece has been mailed, or impossible afterward. Changing incorrect information in an online newsletter is easy and quick.

Again, this proposal represents a major change in the way KBC "does business." It requires thought, discussion and planning, much of which has been going on for the past year inside the Communications Committee, at the club meetings, and throughout the membership at large. Not every question or concern has been answered. But there is a proposal before the Board of Directors to make this change, and it will be voted on at the next club meeting. If you have interest in this issue, consider attending that meeting to add your input to what is already on the table. **Next KBC meeting: 7 PM, May 11th, YMCA on Maple Street in Kalamazoo.**

Sports Education Camp for Youths with Visual Impairments

Editor's Note: Sherry Gordon sent this notice to the PedalPress last month, requesting volunteers to help out with this activity. Several KBC members have participated in this event in the past, and found it very rewarding and fun.

The Sports Education Camp will be held May 5-7 at Western Michigan University. Again this year, we will have tandem biking as one of the sports. Last year, tandem biking was the most popular sport!! (We are not surprised!!) Many thanks to the Kalamazoo Bike Club "captains" who assisted in making this event a success last year.

If you would like to volunteer this year, whether for one evening or for all three evenings, please contact **Sherry Gordon**, tandem biking coordinator, at 383-4144 or at sdgordon@voyager.net. We will begin the rides each evening at about 6:30 p.m. and will ride for about 1.5 hours. For those who have tandem bikes, you are welcome to bring them; however, if you do not have a tandem and would like to ride, we will provide a tandem for you to ride.

Thank you, and please let me know if you have any questions. Sherry

Marquette Bike Racing Weekend

This just in from KBC member and racer **Rick Updike**:

For those of you interested in different types of bike racing, the town of Marquette, Michigan is putting on a weekend of road races, X-C races, and gravity events during the weekend of June 25-27, 2004. A criterium race will also be held on the streets of downtown Marquette.

Several KBC members have attended this event in years past and report having had a great time. For more information, visit www.superiorbikefest.com

WMU Collegiate Bike Race Big Success

The KBC *PedalPress* attended the **WMU Bronco Collegiate Bicycle Race** on April 10, 2004, and came away with at least one impression: that it sure must be great to be young, fit, in college, and into bicycling!

The 72 riders, representing 15 schools such as U-Michigan, Notre Dame, Indiana, Wisconsin, Grand Valley, and Marian College, who raced up and down the big hills north and west of Kalamazoo certainly looked as though they were up to the challenge from a physical standpoint. It was instructive to stand roadside along 6th Street hill and watch them charging upward at a pace few of us "mortals" could obtain – much less sustain. And the men's "A" group hit that hill seven times during their 72 mile race. Frankly, it made the *PedalPress* a little winded just observing their exertions.

The WMU Cycling Team had a very good day. **Jenni Martin** won the women's "B" division with power, grace, determination, and brilliant tactical strategy. After the race was over Martin told the *PedalPress* she felt somewhat guilty about drafting the frontrunner in her division for much of the race - and then simply zipping around her at the finish line. But she decided to accept the first place finish anyway. The *PedalPress* could not conceal a blush of pride at Martin's achievement, noting that she often accompanies KBC on the Wednesday Half Fast and Friday night Tour de Gull rides. Which, come to think of it, may be where she picked up some of her racing bona fides.

WMU's **Matt Siebert** took a strong second place in the men's "B" classification with a decisive and swift sprint at the finish. With the first place rider many minutes ahead, Siebert broke from a large, surging pack several hundred meters before the line. Obtaining a large lead allowed him the opportunity, afforded to only the most gifted and well balanced of cyclists, to raise his arms in triumph and point to the sky. Several young ladies in the crowd swooned at the sight and had to be revived with cold compresses and GU. Even the *PedalPress* was moved.

But the Bronco who looked like he was having the most fun was Breakaway Bicycles employee **Dan Frayer**. At any point on the course – whether in the middle of the killer climb up the 6th Street hill or busting his hump trying to get back up to the pack along the flat on DE Avenue - young Dan could be seen with an affable smile on his lips. Joyful countenance aside, Frayer finished out of the running in the men's "C" division, telling the *PedalPress*, "I hate road racing very much."

Other notable WMU Cycling Team finishers were: Mens A's: **Josh Tarrant** 7th, Luke **Kujainzky** 14th. Mens B's: **Dave Boboltz** 3rd. Mens C's: **Jeremy Woolcock** 3rd

The bike race, one of the first road races mounted in this area in many years (the Wednesday night Hammerfest notwithstanding), drew an enthusiastic crowd of close to a hundred spectators. Many lining the roads and clustered around the finish were KBC members who looked as though they wished they could be right there in the thick of things. **Mike Miles**, in fact, took that notion to an extreme by bootlegging an entry under an assumed name and riding much of the race. Eventually, however, he was pulled from the course, as it looked very much as though he might eventually win. And that, the *PedalPress* agreed, would have been wrong. Fun and amusing, but wrong.

Perhaps the most unusual incident seen during the event was a U-Michigan racer somehow losing momentum going up the 6th Street hill, wobbling over to the side of the road, and then toppling over the guardrail onto the dirt beyond. Fortunately, experienced bike racer **Marty Minka**, who happened to be standing nearby, knew exactly what to do. Righting the racer's bicycle, Minka grabbed the young man, placed him back in the saddle and gave him a powerful running push up the hill. Just like the over-enthusiastic crowds do in Europe. For many moments afterward Minka could be heard shouting, in Latvian, for the rider to get a move on and catch back up to the pack.

Organizer **James Whitesides** said he hoped the WMU Collegiate Bike Race could become an annual event. Judging by the popularity of the contest, he would certainly have strong backing to do so among the local biking community. The course, though strenuous, was well laid out and marked. WMU had the operations end organized and officiated competently. Automobiles driven by KBC's **Chris Barnes**, **Nancy Summers** and others, and cruisers from the Kalamazoo County Sheriff's Department led and followed the racers around the course. In fact, longtime KBC member **Deputy Mike Jones**, looking extremely crisp and official in his Deputy Sheriff's uniform, drove the lead Sheriff's cruiser for the men's "A" group. **Breakaway Bicycles** provided the SAG wagon and other support help.

All in all, the *PedalPress* was most pleased with the goings-on.

APRIL, 2004 KBC MEETING MINUTES

KBC's regular monthly meeting was held Tuesday, April 13th, 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, Zolton Cohen, Terry O'Connor, Matt Siebert, Chris Howard, Mike Barry, Brad Fry, Mike Miles, Mike Boersma, Paul Bruneau, Kevin Abbott, Tom Keizer, and Jeff Newman.

The April meeting began with **Jeff Newman** reporting on the final design of the new club jerseys. Jeff displayed three final proofs from *Voler* of the jersey design, with each proof showing potential color and hue variations. At the close of the meeting, members in attendance unanimously selected one proof for the final design.

Terry O'Connor, KBC Treasurer, provided an update on the club's financial status. The club has \$2,300 in the checking account, and \$9,100 in the savings account. **Paul Bruneau**, KBC Database Administrator, noted that the club has approximately 200 individual and family memberships.

Next, **Tom Keizer** indicated that plans are progressing for the 2004 Flowerfest event. Flowerfest volunteers have not yet secured any professional cyclists to ride in the event. Design of the new Flowerfest 2004 flyer is nearly finished, and flyers will be distributed soon.

Mike Miles reported that new KBC brochures are nearly complete. The initial printing will be for 500 four-color brochures at a cost of \$600.

Zolton Cohen, *PedalPress* editor, presented a proposal on behalf of the Communications Committee for transitioning from a hard copy of the *PedalPress* to an online version. Zolton agreed to publish details on the proposal in a future *PedalPress*. A final vote on the proposal will take place at the May KBC meeting.

Jeff Newman reported on the development of the new KBC web site. The new site is expected to be online within the next month.

Newman also noted that the KBC membership in *Adventure Cycling Association* will expire soon. *Adventure Cycling Association* membership benefits, including reduced pricing for bicycle touring maps, can be passed on to KBC members. The cost to renew is \$70. KBC members in attendance unanimously approved the request to renew the membership.

With no further business to attend to, the meeting was adjourned at 8:05 pm.

Respectfully submitted,

Brad Fry, KBC Secretary

May New Members

David Bauer
Mike Berry
Diane Berry
Eric Berry
Mike Berry
Lisa Bigelow
Gary Bigelow
Brian Bigelow
Joe Bigelow
Sheila Bigelow
Joe Branch
Charlie DeVries
Darryl Dolby
Nicole Finn
Tony Finn
Christine Horton
Jim Humphrey
Violet Humphreys
Andy Maxwell
David Mitchell
Marty O'Connell
Jim O'Connell
Marjorie O'Connell
Mary O'Connell
Ann O'Connell
John Olbrot
Teri Olbrot
Jacob Olbrot
Anne-Marie Olbrot
Jane Schelhas
Dr. Kenneth A. Selzer
Tyler Smith
Barbara Sneath

May Birthdays

Kevin Abbott
Kevin Biek
Luanne Cali
Laurie Doering
Darryl Dolby
Anna Farrell
David Galarneau
Austin Gippert
Robby Keller
Doug Kirk
Clint Lahaie
Michael Lahaie
Patricia Machnik
Emily Mattes
Tim Mitchell
Andrew Mitchell
Pam O'Connor
Terry O'Connor
Teri Olbrot
Randy Putt
Paul Raynes
Lloyd Sain
Janice Selby
Kurt Sherwood
Rick Whaley
Keith Wilkinson
Rachel Wolf
Patricia Wolf

Memberships Expiring in May

Zolton Cohen Family
Doug Gaff Family
Paul Grabowski
Diane Place
Kim Samelstad

Moving?

Please contact KBC database manager **Paul Bruneau** at: paul@ethicalpaul.com or 343-6106 so you can keep receiving the *PedalPress* (and so we don't have to readdress your newsletter!).

MAY RIDE SCHEDULE

KBC plans to continue the Monday, Wednesday, Thursday, and Friday rides for the 2004 season, as well as six special weekend rides. KBC is open to other ideas for weekend rides as well. Send your ideas to any KBC officer or the Ride Captain.

ALL WEEKDAY RIDES START AT 6:15 PM STARTING MAY 3 THROUGH AUGUST.

The Monday Ride at Texas Drive Park will consist of 3 - 5 ride groups in May:

- 15-20 mile group at 10-12 mph leaders TBD (will start in May or June)
- 15-20 mile group at 13-15 mph leaders led by **Mike and Sherry Higgins**
- 25-30 mile group at 16-17 mph (steady ride pace) led by **Randy Putt and Zolton Cohen**
- 25-30 mile group at 18-19 mph leader **Terry O'Connor**
- 25-30 mile group at 20+ mph leaders TBD.

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

For more experienced riders who are new to the club the 16-17 mph groups are recommended.

- The 16-17 mph group is for riders who are interested in a steady pace with lots of conversation. 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.
- The 18 - 19 mph group is for riders who interested in improving their skills and speed to move into a faster group. The leaders plan to promote pace line skills and improving bike-handling skills.
- The 20+ mph group is for more experienced riders. This group can splinter into smaller groups.

The Wednesday ride meets at the Kal-Haven Trail Parking lot on 10th Street. KBC plans to offer four ride groups:

- 10-15 mile fitness group at 10-15 mph on the Kal-Haven Trail led TBD (may start in May)
- 25-30 mile group at 16-18 mph led by **Tim Stewart**
- 30 mile group at 21+ mph led by **Zolton Cohen** (the Half-Fast Ride)
- 46 mile Hammerfest at 23++ led by **Doug Kirk**

The fitness ride at 10-15 mph on the Kal-Haven Trail was new ride last year and needs a leader in to make it a go.

- After leading the 16-18 mph ride for several years **Bill Strome** will not be leading this year. **Tim Stewart** has stepped up to lead. Thanks Tim. It is a great ride in the hills NW of Kalamazoo.
- Zolton's Half-Fast Ride is back by popular demand. It is one of KBC's most popular rides. Zolton does a great job keeping this group together. Its success is due to his efforts in making this a fun and fast ride.
- The Hammerfest riders leave the parking lot at 6 PM for the duration of the season. The pace of this 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 oftentimes do not finish together. This ride is hard and is not suitable for inexperienced riders. Some riders may 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 15 - 16 mph. There were several dedicated riders who made this ride successful over the past couple of years. This ride is in need of ride leaders. **This ride may start in May if leaders step forward.**

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

- 16 – 18 mph group needs a ride leader,
- 20+ mph group led by **Randy Putt** and others TBD.

The route for this ride is well established so the ride leader job is easy. Give it a try. There has been some interest from club members in establishing a 13-15 mph group for this ride. If you are interested, please contact the Ride Captain. We would love to have you.

KBC is offering 2nd Friday night route this year starting at Billy's. This route heads south out of Galesburg and is lead by Doug Kirk.

- 18 – 20 mph group lead by **Doug Kirk**.

Special May Ride – Saturday, May 15

- The **4th annual W Ave Ride** (48 miles) from Vicksburg HS has moved to Saturday May 15 at 9 AM this year, led by **Rick Whaley**. You read that right, Rick has agreed to come back from Ann Arbor to lead the ride he founded. Join us on May 15 and welcome Rick back to the Kzoo area for the ride.

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

- The **6th annual Old Car Festival Ride** (about 60 miles) from Vicksburg HS on Saturday June 12 led by Randy Putt
- The **7th annual ride to South Haven** with a stop at the beach (100 miles) on July 10
- The **Barnes' 2nd annual family ride** in late July
- **Flowerfest – KBC's Annual Tour and fundraiser, Sunday, July 18th.**
- The **7th annual Ride Around Kalamazoo County** (100 miles) in mid-August
- The **33rd KBC Anniversary Ride**, distance and route TBD

The dates and pace for these rides are not firmly established. Mark your calendars and stay tuned for further details. If you have comments about the above-mentioned rides or have suggestions for other rides, contact Randy Putt by phone or e-mail.

Check out the KBC web page (www.kalamazooicycleclub.org) for the ride calendar and for any last minute changes

BE A RIDE LEADER

KBC is in need of more ride leaders. If anyone is interested in leading rides this year, please give Randy Putt a call at 649-1814 or send me an email at sterling.r.putt@pfizer.com. 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. See the March Newsletter for information about how to lead a ride.

The Olsons Hit the Big Time!

It took a little while, the *PedalPress* will admit, for it to put the pieces together.

Perusing the latest issue (May 2004) of *Bicycling* magazine, the *PedalPress* was initially impressed with the cover photo of a streaking mountain biker racing through the turbulent waters of a mountain stream. Enthusiastic, red, large-font verbiage directly beneath the featured bicyclist exhorted readers to immediately turn to page 64, where the story "Pedal, You Savage! Conquering Mexico's Wildest Trails," would tell the tale of "Mountain Biking, the Way it Should Be, in Mexico's Copper Canyon."

With a lead-in like that, the *PedalPress* would have thought itself foolish to do anything but sit down, drop whatever it was doing at the time (which was eating a peanut butter and strawberry jam sandwich), and dive headlong into that article.

The *divertissement* was worthwhile. The story unfolded within, whereby some professional mountain bikers, including a husband/wife team sponsored by Spanish bike-maker Orbea, would explore the wilds of one of the deepest canyons on our planet.

And then things started to sound somewhat familiar.

The names, "Mark" and "Cheryl." An allusion to Cheryl pushing the couple's car up their mile-long snow-covered driveway in the winter; a reference to their being "smart, good looking, and freakishly tough."

But the kicker was the description of Cheryl as a "gorgeous brainiac." At that, the *PedalPress* smote its forehead (smearing a little jam above its left eyebrow) and knew instantly, with bell-like clarity, that the couple in the article was no one else but KBC's own **Mark and Cheryl Olson**. And the "freakishly tough" Kalamazoo couple came away from their experience in Mexico with a multi-page spread and write-up in one of the sport's top magazines.

When contacted recently, Cheryl Olson confirmed what the *PedalPress* had been able (only slowly) to discern, and wrote back in an email: "Yes this is us!! We have been waiting to see what would be published for almost a year. We had a journalist and photographer pretty much living with us for 3 days in the canyons. They get to know you pretty well after three days of living in the dirt so you just don't know what they'll take away from it and publish. We are thrilled to get the publicity for our sponsors who have taken great care of our team."

"Mark feels like a real celebrity being on the cover; the team has nicknamed him Cover-Girl!" So there you have it.

The *PedalPress* asks what is in store in the future for KBC on the international stage. Where will KBC extend its tentacles next? Will, as has been rumored, **Axel Kleat** be selected to accompany **Lance Armstrong** in his quest to be the first bicycle racer to win six consecutive Tours de France? Stay tuned to find out...

W Ride Announced

Rick Whaley's popular "W Ride" will be held at 9 AM on Saturday, May 15th. Starting point will be the **Vicksburg High School** parking lot on W Avenue in Vicksburg. And here's a surprise, Rick himself will be making an appearance as the leader of the ride. As many of you know, Rick's job with Pfizer moved to Ann Arbor last fall, and Rick moved along with it.

Now he's back – and he's mad!

Well, maybe not mad. But if you've ever been on a W Ride before, you know it takes someone just about one bubble out of plumb to put something like this together. In case you didn't know, W Avenue runs east and west from county line to county line, straight as an arrow.

The idea is to start at the Vicksburg High School, ride west until you hit the county line, and then reverse course and ride east until you hit the county line again. Then you turn your bike around 180 degrees and head back to the high school again – all on W Avenue. One thing is for certain on the W Ride; it's next to impossible to get lost.

There will be several stops, of course, for food and drinks on the 48 mile route. Several different groups may form, delineated by pace.

So come and join straight-shootin' Rick Whaley for a straight shootin' ride.

Flowerfest Volunteers Sought

KBC's Flowerfest Tour will be held on Sunday, July 18. FOG (the Flowerfest Organizing Group) is sending out a call for "the usual cast of characters:" Road Painters on a weeknight prior to the event; Registration Assistance at KVCC on the morning of the tour; Sag Stop duty at KVCC, The Briar Patch and Timber Ridge; Sag Vehicle drivers; Family Ride leaders. If you'd be willing to lend a hand, please contact **Mike Krischer** at: mkrisch@chartermi.net or 323-2014. Or seek out **Dave Bishop, Dave Jones, Tom Keizer, Mike Krischer, Amy Lehman, or Cliff Muller** at any of the club rides.

With your help, Flowerfest can continue to be one of southwest Michigan's premier bicycle tours.

The Breaks

by Axel Kleat

My good buddy Morgan lives in Alabama. I had to escape Michigan winter about five years ago and found the Huntsville bike club on the Internet and his number on their website. Drove to Huntsville, met him at their Sunday morning breakfast ride, and next thing you know I'm staying with Morgan and his wife Jamie, also a fine rider. We've been great friends ever since.

Morgan's been riding thousands of miles a year for a long time. He races, he often commutes to work by bike, and he takes his training seriously—particularly the last couple of years. His road bikes give away a bit about him—a Litespeed and an Eddy Merckx, both with Campy groupos. Morgan's a few years younger than me, and he's strong. He just annihilates me on the hills, and since Huntsville is at the edge of the Appalachian mountains he gets plenty of practice cranking up one side and flying down the other.

So I was shocked to get an email from Jamie saying that Morgan had fallen off his road bike. Hard. No car or any other vehicle involved at all, just minding his own business riding roads he's ridden plenty of times. It happened pretty fast, as these things are prone to, and as far as he can tell he simply lost traction with his front wheel when it tried to follow one of those raised, thick white pavement stripes—like Christian VandeVelde in the Tour d' France team time trial a couple of years ago.

Vandevelde remounted and finished the stage, but Morgan managed to shatter his femur into several pieces and also dislocate and break his shoulder on the same side even though he was just cruising—noodling along. It happened in a busy urban area, so there were lots of people around to shoo the cars on around the skinny dude lying on the tarmac with his leg at an odd angle, to pull out their cell phones and call 911, and to mill about and gawk. A dreadful situation for sure, but certainly a better situation in which to find one's self than one person I know who lay flat in a ditch for what seemed like hours until summoning the strength to crawl up far enough toward the road to attract some four wheeler's attention.

Morgan'll be in a wheelchair about 2 months. He's looking at many more months of painful rehabilitation. He's losing all his hard-won fitness and has no idea if he'll ever ride as well as he did. He'll be setting off metal-detectors the rest of his life and will get a special card to show the security mavens due to the plate and screws in his leg ...and all he did was fall over all by himself!

This is pretty sobering. It's one thing to break major bones if a motor vehicle is involved, or if I run into some object like a big pothole or a mailbox, or if I manage to blow a tire or something at thirty-five or forty miles per hour. I guess I almost expect to break something important if I fall doing nasty stuff like that. But just hitting the deck rounding a corner at fifteen miles per hour? Don't we bicyclists have well-stocked karma accounts to protect us from this sort of thing?

It's tough to imagine being so laid up. Needing help just to eat, dress, or bathe. Unable to go anywhere—even the next room—without help. Couldn't possibly use a trainer, or even drive a car. But it's especially cruel to suffer such a rotten turn of fate having the wheel of fortune crap you out for doing absolutely nothing out of the ordinary—and when in hindsight there really isn't any preventable mistake other than not having a strong enough grip on the handlebar at that particular instant.

Is there any lesson here? I can think of a few, but they're all pretty obvious. Seize today, tomorrow's just a promise. Pay attention. Keep a grip on your handlebar. Do some off-road riding and actually practice rolling when falling—I guarantee you the pros practice this sort of stuff.

But I think the biggest lesson is a little deeper—have strong bones. The right parents help a lot, but this really is something we have some control over. Because cycling is not a weight-bearing sport, we run the same risks of lost bone density as couch potatoes. It's really important to lift weights, run, or find some other activity that doesn't just require your bones to bear your weight, but actually stresses your bones at the same time. And remember that Mother told you to be sure to get your calcium—and all those other little minerals, too.

RETURN SERVICE REQUESTED

2005/02
 PHIL CARUSO
 313 HORSESHOE CT
 PLAINWELL MI 49080-9111

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: Paul Bruneau.....343-6016
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 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
- Parchment Bicycle.....343-8118
- Team Active.....962-7688
- Village Cyclery.....679-4242

Kalamazoo Bicycle Club Membership Application

- Yearly Adult Membership-----\$15.00
- 3 Year Adult Membership-----\$40.00
- Yearly Family Membership-----\$17.00
- 3 Year Family Membership-----\$45.00
- Yearly Senior (60+) Membership-----\$13.00
- 3 Year Senior (60+) Membership-----\$35.00

Renewal? Yes No

Please Print:

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ Birthdate _____
 E-Mail _____

Permission to register your name with the KBC groupserve list
 and receive all the group's email messages?

Yes No

Family Member Names

Birthdates

_____	_____
_____	_____
_____	_____

Signature _____

Parent's Signature (If under 18) _____

Interested in working on KBC Events? Yes No

Ride Category: Fitness Casual Competitive

Send to: Kalamazoo Bicycle Club 1

7, Kalamazoo MI 49005