

# KBC PedalPress

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

The Newsletter of the Kalamazoo Bicycle Club

January 2005

## Adios to the Mailed *PedalPress*!

The clock has run out for KBC's "traditional," hard-copy, mailed *PedalPress*. This is the last issue of the *PedalPress* you will receive by mail.

While we all will likely mourn the convenience of having the club's newsletter delivered to our doors, there are also some of us eager to move on to the electronic version. **Mike and Juli Peterson**, who for the last year have handled picking up the newsletter from the printer, folding and tabbing 240 copies, and then hauling it to the mailing service for delivery, can no doubt find use for the hours of work each month that thankless task took. Ditto your editor, who struggled not only with writing and editing the newsletter each month, but also had to deal with layout and design of the copy. The club will also save about \$2,400.00 a year in printing and mailing costs, and a lot of paper.

While change of this sort is difficult, the reasons for doing it in this case are compelling.

To find out how the new *PedalPress* will work, please turn to page two of this newsletter.

The mailed *PedalPress* is dead. Long live the electronic version!

## President's Letter:

It's the eve of the first day of winter, 2004. The temperature outside is 22 degrees Fahrenheit. The sun is hidden by grey clouds bearing snow. It's hardly the weather to be thinking about bike riding.

Yet there is activity on the bike scene. I passed **Dale Krueger** and **Terry O'Connor** riding along KL Avenue the other day. The basement at Alfred E. Bike is filled with KBC members spinning away. There is preparation for the KBC recovery party coming up on January 22, 2005. I even received an application for the 2005 Apple Cider Century (with steep discounts for payment by the end of the year).

2004 was a good year for the KBC. The mailing list stands at about 220 entries. We sold about half of the new jerseys we ordered. The Tuesday Night Time Trial series was a success, thanks to the **Chris Barnes family**. FlowerFest came off well, due to the FlowerFest Organizing group (FOG). There is a new and improved website. There is online access for membership applications, Flower Fest registration, jersey purchases and the Pedal Press.

The members of the Kalamazoo Bicycle Club are the instrument of its success. KBC members volunteered to lead rides at all paces. KBC members volunteered their time to make the TNTT and Flower Fest successful. KBC members provided information to county law enforcement about Michigan's bike laws. KBC members volunteered to assist in the transition of the KalHaven trail from state to county control. KBC members have been involved in making Kalamazoo a bike-friendly community. KBC members were also involved in defeating legislation that would have outlawed 2 abreast riding. I want to thank everyone in the Kalamazoo Bicycle Club for all of your hard work in 2004.

2004 was a year of transition at the Kalamazoo Bicycle Club. **Doug Kirk**, **Terry O'Connor**, and **Brad Fry** are taking well deserved rests from their years of work as KBC president, treasurer and secretary. **Jim Kindle**, **Tom Keizer**, **Mike Berry** and I are serving as Vice President, Treasurer, Secretary and President. **Paul Bruneau** has the new title of database manager. **Kathy Kirk** is the new webmaster. **Zolton Cohen** remains the editor of the Pedal Press. These volunteer positions require a considerable amount of time and effort. Thank you.

2005 is just over the horizon. It looks like a great year. Keep your bike and your legs tuned up so that on April 4, 2005, the first regularly scheduled Monday night ride, you are ready to go. See you on January 22 at the recovery party.

Mike Boersma

KBC President

## Recovery Party Information:

KBC's annual Recovery Party will be held on Saturday evening, January 22nd, 2005, at the home of **Chris and Marian Barnes**, 6705 Evergreen, in Portage, from 7-10 PM. Club social Directors **Michele Intermont** and **Megan James** will handle the entrée (chili) and drinks (soft drinks, beer and wine), and ask that you bring a dish to share. Also, they could use a little help before and after the party to set up and clean up after everyone's gone.

The potluck concept has worked very well at past Recovery Parties and insured a wide (and large!) variety of food for the attendees. To avoid a possible pile up of similar types of consumables, how about we divide up the potluck duties? **If your last name starts with the letters A-H, could you bring a salad? I-O, a dessert; P-Z, an appetizer.**

Local bike shops are contributing schwag to give away at a raffle held at the party, and there will be a slide show and perhaps even videos of local KBC riding events.

Chris Barnes suggested we also set up a "swap/sell/give-away" table for biking gear. So, if you have some bike clothing or mechanical gear you'd like to get rid of, bring it to the party to swap or sell or give away to someone who could use it.

All in all this is a great night to connect with your biking friends – it's the social event of the season. See you there!!

### Classified Ads:

For Sale: 2 pairs of Peltonen Cross Country skating skis. One pair is 185cm and the other is 155cm. Both have Salomon SNS Profil bindings and both pairs are in good condition. Also included are poles: Excel Integra, 145cm and Excel Maxima 165cm. Asking \$75 for each set of skis and poles. Also have Salomon model 7.1 boots, white size 41 and black size 46. Asking \$45 for either pair.

Bike-E Road-E recumbent. Excellent condition, low miles, fits riders from 5'2" to 6'5". Asking \$399

Call John Thome at 353-5812 for more information.

### January Birthdays:

Eric Austin  
Paul Banner  
Deborah Bauer  
Eric Berry  
Jack Bley  
Paul Bruneau  
Jini Caruso  
Mike Cutler  
Jim Eckert  
Christina Ferrara  
Dan Ferrara  
Nicole Finn  
Brad Fry  
Doug Gaff  
Alta Herman  
Thomas Herman  
David Hiebert  
Sarah Kalkman  
Mary Kindle  
John Mathieson  
Andy Maxwell  
Renee Mitchell  
Graham Newman  
Kaitlin Noverr  
Jim O'Connell  
Scott Steurer  
Mike Teel  
Don Visker  
David Warwick  
Bill Watt

**New member:**  
George Lombardi

**January Expiring membership:**  
Jay Campbell

## Important Notice Concerning Your Mailing Label

This is the last issue of the hard-copy, mailed *PedalPress*. In order to keep receiving Kalamazoo Bicycle Club news via the new online *PedalPress* you must submit your email address to database manager Paul Bruneau.

Right now, while you're thinking about it, check the mailing label on this issue of your KBC *PedalPress*. Does it say, above the mailing address: Email address unknown?

If it does, you will not receive notification that issues of the new, electronic *PedalPress* are available. But don't panic. You can fix this, easily.

Here's how it's gonna work: In February, traditional mailed hard copies of the *PedalPress* are going the way of American-made Huffy bicycles. In other words, extinct. You will not be mailed a hard copy of the *PedalPress* after January.

Instead of mailing the *PedalPress*, we're going to be presenting it online. So we need your email address in order to alert you that the next issue is available.

No, we're not going to send you the entire *PedalPress* each month and possibly overload your email box. You will receive via email on or around the first of each month a brief notification that the new issue is available, along with a link that will take you directly there.

But this system will not work unless we have your working email address. So far we've gleaned about two thirds of KBC's membership's email addresses. But we need the rest of you to sign up quickly so database manager Paul Bruneau can get this thing working the way it should. Please contact him at [paul@ethicalpaul.com](mailto:paul@ethicalpaul.com), or 343-6016.

For those of you who do not have email addresses, hard copies of the *PedalPress* will be printed and made available (grudgingly) at the monthly club meetings and other events. However, the cost and labor benefits of online delivery quickly go south unless the bulk of the membership receives the *PedalPress* via the internet. *In any case, the PedalPress will not be mailed after January's issue.*

So please, if your mailing label labels you as one who has not yet signed up with Paul, do so at your earliest opportunity. We know you don't want to miss any of the club's news, and we don't want to have to chase you around to deliver it.

We'll only use your email address for new *PedalPress* notification delivery. And be assured that we will never sell, give away, or have wrested from us your email address. We know how irritating it is to have spam delivered to our own email inboxes.....

## Editor's Letter:

It takes some imagination to remain excited about bicycling at this time of year. Currently, the wind is howling outside, making the 9 degree temperature seem well south of zero; ironically, the sun is shining brightly. But it's too far away from Earth to warm this day up much.

Right now it's hard to imagine what sweat feels like pouring down your face after a hot July ride. Hard to imagine, too, that walking outside in shorts and a short sleeve jersey still sometimes seems like you're overdressed at that time of year. Right now it's just too cold to do much of anything outside – even cross country ski, had we the snow to do that sport.

So we're in the "tween" season, and that's always been a dangerous place for me. Too cold on most days to bike and not yet snowy enough to ski. Plus, there's always a lot of tempting food around at this time of year. It takes discipline – an attribute not usually associated with my moniker – in order not to simply give up the fight and succumb to overeating and sloth.

But, between brutally boring sessions on the trainer (see related story on page 5 for details about indoor bike training equipment), grueling weight lifting, walking outside, and trying to cut back on the cookies and pies, I'm doing my best not to balloon upward in weight and sink downward into lethargy. So far, it's working - barely.

But it is working, and that's what is important. Some of you know that this summer and fall have been particularly busy and stressful for me as I deal with taking care of my ill and elderly father and stepmother. And in so doing I'm getting a very close-at-hand life lesson in the art of aging.

First of all, it's better not to age at all. But, as none of us have that choice, the next best thing is to stay active for as long as possible. Exercise is truly an elixir that can not only extend lives but also makes them more enjoyable along the way.

*(Continued on page 6)*

## DECEMBER, 2004 KBC MINUTES

KBC's regular monthly meeting was held Tuesday, December 14<sup>th</sup>, 2004 at 7:00 pm at the Kalamazoo YMCA located on Maple Street. KBC Vice President Jim Kindle led this monthly meeting, as President Mike Boersma was absent. Present were Jim Kindle, Mike Berry, Tom Keizer, Doug Kirk, Kathy Kirk, Zolton Cohen, Paul Bruneau, Chris Howard, Victor Van Fleet, David Sperry, and Aric Bostwick.

The December meeting began with **Jim Kindle** asking for a motion to accept the minutes of the previous meeting. The motion was made and seconded, and with no discussion was approved.

**David Sperry** proposed to create a USCF race team associated with KBC with the focus on competing in road races, criteriums, time trials, and possibly cyclocross events. Sperry will solicit sponsorships to help outfit riders and offset costs associated with hosting a race. Hosting a race is part of the USCF conditions for membership. If possible, the team would like to use KBC's checking account to hold funds and pay bills. Sperry also requested that KBC pay the \$125.00 annual USCF registration fee. After discussion, a motion was made by **Zolton Cohen** and seconded by **Paul Bruneau** to accept Sperry's proposal to create a KBC race team and pay \$125.00 for the USCF for the annual registration fee. A vote was taken and approved. Sperry will provide greater detail about the race team organization at the next club meeting.

**Victor Van Fleet** again presented ideas to enhance bicycling in the Kalamazoo area. He has been in contact with Ron Reed of the Kalamazoo County Road Commission about making road improvements for cyclists. He also would like to see more family orientated rides of 12-13 mph to make bicycling accessible to a greater number of people. A few names were mentioned as possible ride leaders for these particular groups (including Van Fleet's).

The KBC Recovery Party is set for Saturday, January 22<sup>nd</sup>, 2005 at the home of **Chris and Marian Barnes**. All KBC members will be asked to bring a dish to pass. Further details are available in this issue of the *PedalPress*.

Database Manager **Paul Bruneau** reports that he has received 143 e-mail address confirmations with 73 still outstanding. KBC needs member e-mail addresses in order to inform members when the online *PedalPress* Newsletter, which goes live in February, is available. A sign up table will be available at the recovery party for those who have yet to confirm their email address with Bruneau.

Webmaster **Kathy Kirk** reports that she has been looking at a couple of possible formats for the transition of the *PedalPress* from paper to electronic format for the new website. She reports that this is an ongoing process. A possible meeting with the Communications Committee in January may occur to hammer out the final details before going online.

New member **Aric Bostwick** related to the club that his son is autistic and that he and his wife are looking to the club for help in getting some ideas together to utilize an organized ride as a fundraiser and to heighten awareness of this condition. **Doug Kirk** directed Bostwick to **Paul Stevens**, as he has experience in these matters.

Treasurer **Tom Keizer** reports that KBC currently has \$9016.00 in savings and \$4289.00 in checking.

With no further business to attend to, the meeting was adjourned at 8:00 pm. **There will be no January KBC meeting.**

**Next meeting: Tuesday, February 8, 2004, 7:00 PM, Kalamazoo YMCA on Maple Street.**

Respectfully submitted, Mike Berry, KBC Secretary

## Winter Training Options...

The *PedalPress* is concerned about falling badly out of biking condition over the winter. So the *PedalPress* went shopping for bike-specific training equipment - and got an earful of good advice from **Doug Stevenson** and **Paul Wells**, owners of Alfred E Bike and Breakaway Bicycles, respectively.

### First Choices:

Stevenson and Wells said that there are essentially two training choices for serious bikers in the winter: either riding on rollers or a trainer.

Rollers, for the uninitiated, consist of three large, metal rollers on ball bearings mounted inside a metal frame. The rollers are connected front and back by an elastic belt. The rear tire sits between the two back rollers while the front tire rests on the front one. When the rear wheel spins, that drives the belt on which the front tire sits. The effect closely mimics bicycling outside.

To ride rollers you must balance on the bike in a fashion similar to what you would do out on the road; there is no auxiliary support. "We sell about 250 trainers compared to one set of rollers now," Stevenson says. "They really require good balance and concentration, so unless you want to do that, trainers are a better option if you just want a good workout."

Wells agrees. "It's like you're riding on the road, on an 18 inch wide stretch of the roadway. But you really don't want the bike to wander close to the edge of the rollers, so it's best to keep centered on the middle 8-10 inches. It takes skill to be able to ride rollers, but it's skill that translates over to the bike when you finally get a chance to get back outside again. You develop balance and spinning skills."

### Stationary Trainers:

Both Breakaway and Alfred E Bike carry stationary trainers, and in that category there are three main choices. As of now, the most popular are probably the fluid trainers, with magnetic and wind trainers running in second and third places. Trainers clamp quickly onto the rear quick release skewers on a bike, and support both bike and rider in an upright position with not much balance or concentration needed to maintain equilibrium.

Fluid trainers have a turbine system inside a fluid-filled housing. "The important concept with fluid trainers," Stevenson states, "is that of progressive resistance. They're just like riding a bike outside in that the faster you make the wheels go around, the more resistance there is to overcome. The result is a good workout that is close to what you'd experience outdoors." Most magnetic trainers, on the other hand, provide resistance but do not increase that resistance as much at higher speeds as do fluid trainers.

"However," Wells says, "Cycleops, a major trainer manufacturer, has developed a system that provides progressive resistance with a magnetic system. The magnets mounted in the rotating hub are spring loaded, and like the centrifugal clutch on a go-cart, slide outward at greater speed, increasing the resistance. So the effect is similar to riding a fluid trainer or riding a bicycle outside."

One of the drawbacks to wind trainers, which use a fan system to provide resistance, is noise. While the least expensive of the trainers, the whir of air through the fan's blades can be annoying, especially so if one is inclined to listen to music or watch TV or video programming while working out.

By contrast, fluid and magnetic trainers are relatively quiet. "The only sound you'll hear on a fluid or a new magnetic trainer," Stevenson says, "is the hum of the tire against the roller, and maybe the drivetrain on the bike."

Wells says, "You're going to want to run a smooth tire, because any knobs or ridges make a whining noise against the roller." This is an ideal place to use up old tires that aren't good enough to ride outside but are still too good to throw away.

Trainers and rollers are not the only games in town, of course. Spinning bikes and pedal-and-arm stationary bicycles are also available. However, Stevenson says most serious bikers will likely wind up with at least a trainer. "It's good to maintain the position and contact with the bike similar to what you'd experience outside. You'll keep in touch with the bars and pedals and that should make the adjustment to the outdoor riding experience again as easy as possible."

*(Continued on Page 6)*

*(Winter Training Options continued from page 5)*

Wells says, "With a variable height riser block under the front wheel, you can adjust your riding position to what you want to do that day. By raising the front wheel you can take some of the weight off your hands, arms and shoulders, and vary your workout in that way. It's good to move around some when indoors on the trainer, because, unlike the case outdoors, you're likely to sit almost constantly in the saddle instead of getting up, for instance, to boost yourself over a hill. It's easy to get tired of being in only one position on a trainer."

#### **A Fan's Notes:**

One essential piece of equipment needed with either rollers or a trainer is a big fan. Mounting a fan in front of the bike not only provides a cooling breeze, it also helps to evaporate sweat off a working body. "It's amazing how much heat you can generate when you're riding indoors on a bike," Stevenson notes. "You really notice the sweat coming out without the air rushing past, as it would be outside."

Wells adds, "You also need to be aware of how much sweat you're dripping onto the bike. It can cause corrosion unless you wipe it off thoroughly after each session."

For that matter, and to avoid putting more wear and tear on a "main" bike than necessary, many bikers opt to utilize an older or less valuable bike with a trainer. Plus, that leaves the "good" bike free just in case some reasonable weather presents itself for an outdoor excursion.

Both Alfred E Bike and Breakaway Bicycles (as well as Village Cyclery and Billy's in Galesburg) carry trainers ranging in price from about \$150.00 up to and over \$300.00 for the upper end models.

### **Lance Goes Hollywood!**

Did anyone else catch **Lance Armstrong's** recent cameo in the Ben Stiller movie "Dodgeball?" It was brief, yet memorable. Totally unexpectedly, apropos of nothing, Lance shows up in an airport food lounge in order to counsel a disconsolate Vince Vaughn, who has abandoned his team just before the finals of the big Las Vegas dodgeball tournament.

Unsurprisingly, Lance's words of encouragement cause Vaughn to rethink his selfish actions, rejoin the dodgeball team, and defeat Stiller's White Goodman character in the big final scene.

Lance plays himself in the movie - not a huge stretch - and delivers his lines succinctly and well. Will we see more of him on the big screen in the future?

*(Editor's Letter, continued from page 3)*

My dad is a person who really never exercised, and now, in his late 80's he's paying the price for his inactivity - and, unfortunately, so am I. Though his mind is still relatively sharp, his body has deteriorated to the point that he can do little more than lie in bed or sit in a wheelchair. It's a terrible way to wind up your life; in a nursing home, nearly helpless, and so dependent on others that it is humiliating to him.

A lot of this has to do with genetics and luck of the draw, of course. This summer I also attended six funeral services for friends who had died much too young. Cancer claimed four, an aneurism another, and one unlucky guy had a sawblade somehow come off the shaft of his tablesaw and split him open in his own shop. A very grim time, all in all, this year.

But it seems we do have some things in our lives that are options and are controllable; we can not smoke, eat right, rest well, and most important of all, exercise often, energetically, and enthusiastically in order to help prevent the physical - and, truthfully, mental - deterioration I've been witness to this summer in my father and stepmother. We can't control our genetics or luck, but we can control to some extent how we live our lives - and we can make the things that help us live better lives a priority.

Many people view exercise as a chore, something to be "gotten through" in order to keep some semblance of fitness up and weight gain down. I've always looked on it not as work, but as joy and pleasure and opportunity - feelings I first experienced as a cross country and track runner in high school. My greatest hazard was in doing too much; overtraining. Now, seeing what I have seen in my own family gives me even greater incentive to keep exercising, to keep striving, to keep moving forward.

I hope you will join me in this endeavor. Inclement weather or not, it truly is a matter of life and death.

Zolton Cohen, KBC Newsletter editor

## New KBC Board Member Profiles

This fall, **Mike Berry** and **Jim Kindle**, both relative newcomers to bicycling and to the Kalamazoo Bicycle Club, volunteered their services to take over the Secretarial and Vice Presidential positions, respectively. They were elected as part of the ticket that included **Mike Boersma** as President, and **Tom Keizer** as Treasurer. Most of you probably know Mike Boersma and Tom, but you may not be as familiar with Mike Berry and Jim. Here's a bit of detail on what Mike and Jim are all about....

### Mike Berry:

"I started riding on July 5th, 2003, on the road, with a mountain bike that belonged to my son. I needed to lose weight because of borderline health issues, and diet was only working to a certain point. I needed exercise and because of bad knees, running really wasn't an option. Well, I got real tired, fast, with the mountain bike; it didn't fit me nor was it easy to ride, so I decided to purchase a good road bike. My wife wanted to know why I needed another bike, and when she found out what I paid for it, she told me I had better ride it a lot! So I rode a lot. I bought the bike (a Lemond Tourmalet) on July 28th and had 1450 miles on it by November. I lost 40 pounds in that time and my health now is in A1 shape."

"This year I put in an additional 2400 miles, with over 400 miles riding with the Club. My first Century ride was the FlowerFest this year, and then I rode the Apple Cider Century this September. The farthest distance I had ever ridden at once before FlowerFest was only 35 miles."

"I joined the club because I wanted to expand my riding opportunities and meet people who have the same passion for riding. It's like having one big family. Everyone is really great! My favorite KBC rides are probably the Monday night recovery ride, then the Wednesday night ride at the KalHaven trail-head. These are fairly easy for me to get to as I have to leave from work in South Haven to get there on time."

"The TNTT is the only competitive ride I have done. It's really hard, but I guess you make it hard on yourself when you're trying to improve. I believe I made it to 6 TNTT's this year. My first time was 34:16 and over the summer I improved to 29:01. I have also improved enough to ride with the 18-20 MPH group rides."

"I am still trying to improve, and when the weather gets bad I get back in the gym. I am a member of the local gym in South Haven and spend an hour and a half there 5 nights a week, working 30 to 40 minutes on weight resistance exercise and another 35 to 40 minutes on Cardio, usually pedaling. They are starting a spinning class the 10th of January and I have signed up for that."

"I have never been a secretary or involved with a club before so this is all new to me. What was obvious to me was that there are not many members attending meetings, and the interest to stay involved as an elected official seems to wane after a couple of years. So I threw my hat into the ring and hope everything works out. Following **Brad Fry** as Secretary of the club means I have some big shoes to fill. I will do my best to do so."

Mike is 51, works as a programmer for CNC Lathes and Mills for LoveJoy, Inc. in South Haven, and lives in Bangor. He has been married to Diane, who works as a Legal Assistant for National City Bank in Kalamazoo and is President of NALS - the Greater Kalamazoo chapter of the National Association of Legal Secretaries -, for 23 years. He has a son, Michael, age 20, who is attending college at Baker College in Muskegon, another son, Eric, age 14, who is a ninth grader at Bangor High School, and is guardian of a niece, Charity, age 21, who works as a secretary at LoveJoy.

Among Mike's other interests is drag racing, which he and his boys and niece were involved in for eight years. They brought home numerous trophies and awards, including Mike's National Hot Rod Association Division 3 and National Championships and Eric's Canadian Championship in his age group. Mike is now attempting to get them more interested in bicycling.

**Jim Kindle:**

"I was the kid who practically lived on his bike as I grew up. We went everywhere on our bikes. In college I rode a Schwinn Continental from Hancock to 'da Tech,' weather permitting, which unfortunately wasn't often during the school year at Tech."

"After college I got away from biking and as the family was underway got very involved in youth sports, particularly hockey. Three or four summers back my brother-in-law, Bob, from Atlanta came up for a week and we spent a good amount of time biking up around Pentwater. I was hooked again. Bought a Klein hardtail later that summer and finished the season mountain biking."

"The next year when Bob came up for a week in Pentwater, I put some high pressure tires on the Klein and did about 250 miles on the road. I rode the rest of that summer switching tires back and forth from mountain to road. At the end of the summer I happened to be in the bike shop and there was a Trek 5200 on sale. You know the rest of that story."

"I'm pretty hooked a road riding now, having done five centuries this summer. I still enjoy mountain biking and had a great time doing the psycho-cross, oh that's cyclo-cross this fall out at St. Tims."

"Look me up sometime on the club rides. I usually do the Wednesday night Half-Fast, and try to get out for the Tour de Gull on Fridays. I plan to do more Monday rides next season, time permitting. On Saturday I usually head out early for a leisurely tour to a surrounding small town for breakfast. Makes a nice

start to the weekend. See you on the road!"

Jim was born and raised in Kalamazoo and has lived here his entire life except for the four years he spent at Michigan Technological University.

After graduation he joined the family business, A.D. Johnson Engraving Company, and worked there for twelve years before going to WMU for some more education. He then took a job with Air Filter & Equipment, Inc., dba EXFil, where he worked in operations for sixteen years. Earlier this year he left EXFil to pursue a career in real estate. He is now a self employed Realtor® working at RE/MAX of Kalamazoo.

Jim lives in the Oakland Drive – Angling Road area with his wife Mary. He was involved with youth hockey for many years and still supports KOHA by sponsoring teams, and serves as a substitute minor official for the Hockey Broncos.

His son Tyler is a professional hockey player in the ECHL. His daughter, Arianne, is a teacher at the New England Center for Children, a residential school for children with autism. Mary works at Bronson Methodist Hospital.





## Low Battery By Axel Kleat

*(Axel is on vacation this month, so here's a favorite from December 2003)*

**C**riminy, the days sure are short.

Short days and cold temperatures—not a good combination for riding. Can't give in entirely though, so I got the lights out, and just like every year, they don't work worth a darn even though they worked just fine last March. If anyone ever comes out with a blinking light that lasts through a few cold, rainy rides, I'll be amazed. I must have gone through a dozen of 'em. The same holds for a headlight battery that lasts more than a year.

Nickel, cadmium, lead, sulfuric acid—these aren't the kinds of things it's a good idea to just heave into landfills, either. Sad to say this is one area where the automobile industry is one up on us. They actually pay you a pittance to bring in your old batteries so they can reuse the lead.

It's all enough to make me get one of those generators with the little wheels that spin against the tire to generate a faint flicker front and rear as long as you keep moving, except that those things sap too darn much of what little strength I can muster, and I'm depressed enough this time of year without feeling like I'm always going uphill and going even slower than usual. Maybe next year...

But to tell you the truth, I'm ready for a rest, and those lights aren't getting too much use anyway. In fact, I haven't done a hard ride since we turned the clocks back.

Just haven't felt like it, I guess. Too many Hammerfests, too many centuries, too much touring, too many Tours de Gull. Oh I've still been riding. Actually, the weather's been pretty decent this fall. But I can't seem to get the old burner turned up past medium. Maybe I've just been distracted by the leaves. Looking around and taking in nature's splendor is hard to do when my nose is glued to the stem and I've got one eye locked on the wheel in front of me.

Actually, the last few years I have noticed that I really do end up both mentally and physically tired of riding this time of year. And the only real fix is to dial the mileage way, way back. Old man winter sure does his part to help out with the plan.

It's time to think about cross-training anyway, and I'm getting into it, if raking leaves counts as training. Hey, quit your snickering! I'm using a real, honest-to-God rake, not one of those obnoxious blowers. If the pile gets big enough, you can really get a good sweat going. And one of these years, I'm going to challenge my neighbors to a duel—even at my advanced age I'm certain I can move more leaves in less time with a good old rake than those lazy butts can with any handheld blower. And my breathing's a whole lot less obnoxious than the awful drone emanating from the ass-backwards vacuum hanging on their backs. There's no end to what people will do to avoid a little honest work.

But raking's just the start of my cross training. As usual, I've got all sorts of plans to prepare my aging protoplasm to defy the laws of nature and trick Father Time in order to kick some serious butt next year. Yesirree, my program calls for strength work for muscular development, aerobic base development for stamina, anaerobic conditioning for those all-out efforts, high impact activities because biking isn't a load-bearing activity and I've got to keep my bones strong, core body conditioning because strong legs don't mean squat (pardon the pun) if I don't have the core strength for control and balance, a healthy diet with fewer carbs and plenty of protein to help rebuild muscle, and lots and lots of flexibility and stretching work because I can do it in front of the television, and a long muscle is a strong muscle (pretty snappy, eh? Just made that one up!)

Whew! Gets me tired just thinking about all of it. Good thing my program also calls for plenty of rest. Hey, it's the off season, right? My body needs to recuperate, and I know it. Just how I'm going to get in all this cross-training when it's dark out and I'm depressed will be the problem this year, just like every year. All those hours of darkness are highly suggestive—I'd better be catching up on my sleep. We'll see about all that other stuff later on.

**RETURN SERVICE REQUESTED**



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President: Mike Boersma.....720-1409  
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 Vice President: Jim Kindle.....382-8053  
 e-mail: remax.kindle@charter.net  
 Secretary: Mike Berry.....269 427-7204  
 e-mail: tourmalet03@yahoo.com  
 Treasurer: Tom Keizer.....382-4737  
 e-mail: tom.keizer@juno.com

**Other Important KBC Folks**

Database Manager: Paul Bruneau.....343-6016  
 e-mail: paul@ethicalpaul.com  
 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  
 Webmaster: Kathy Kirk.....388-5045  
 email: klkirk@ameritech.net

**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 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 Box 50527, Kalamazoo MI 49005