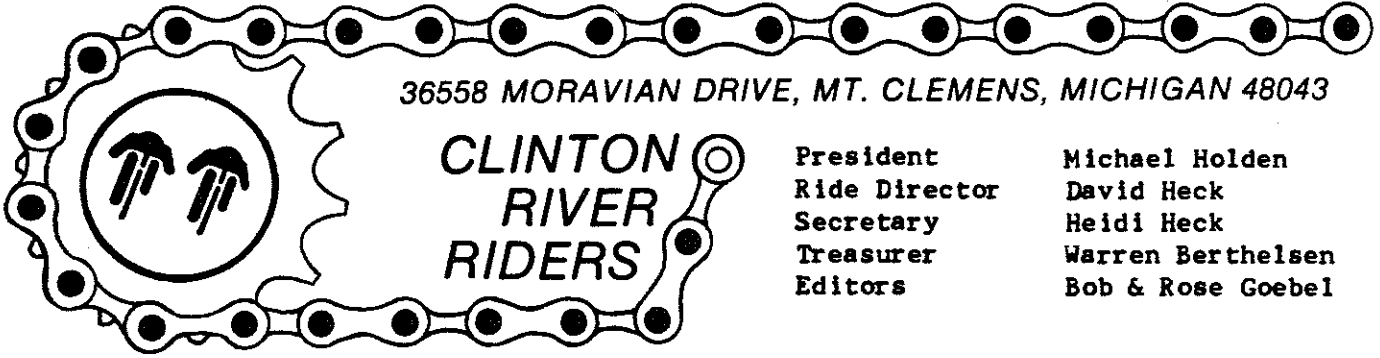


JANUARY 1989

36558 MORAVIAN DRIVE, MT. CLEMENS, MICHIGAN 48043



CLINTON RIVER RIDERS

President	Michael Holden	398-1677
Ride Director	David Heck	254-1868
Secretary	Heidi Heck	254-1868
Treasurer	Warren Berthelsen	781-6706
Editors	Bob & Rose Goebel	286-0384

NEXT MEETING - Monday February 6, 7:00 p.m. at the Fraser Public Library, located on 14 Mile Road, west of Utica Road.

NEW MEMBERS - The Clinton Riders would like to welcome Thomas Weber and family. We hope to see you on coming events and that you have many enjoyable rides with the club.

FROM THE DESK OF THE PRESIDENT

HAPPY NEW YEAR! Its time to reflect on the past year and make plans for the next. Last year the club: installed the hot-line, purchased club jackets, sweatshirts and sweat pants, designed a new club jersey, obtained business cards, sent two members off on a trip to Alaska, Hawaii, and Australia, sent the largest contingent to the Bike Club Feast, supported the MS 150, held time trials, taught velodrome riding, went bicycle camping, joined bike centennial, held a special century ride for first timers, a club picnic, Christmas party and a record breaking Blue Water Ramble! Went to Torch Lake for RAT, a combination bike and train ride, a tandem time trial, passed out awards for mileage and just about anything else note worthy. Provided more than 2300 miles of club rides, and on, and on - WHEW!

So for all of this I would like to thank Sue Pavlat for arranging the Bike Feast, Judy Reaume and Bob Crowley for the Club picnic, Rick Moorman, John Edry, Jerry and Sue Pavlat, Ed Gostin, Bob Kosen, Denise Cryderman for chairing the Blue Water Ramble committees. The 60 club members who came out to work BWR. Tina Dominick, for the Christmas party, Warren Berthelsen, Ron Skiba, Doris Mulligan, Ray Dominick, John Edry, Gary Haelewyn, for leading regular week day rides. Ed Gostin, Sue Pavlat and Doris Mulligan, for the awards committee. David and Heidi Heck, Warren Berthelsen, Bob and Rose Goebel for serving as board members.

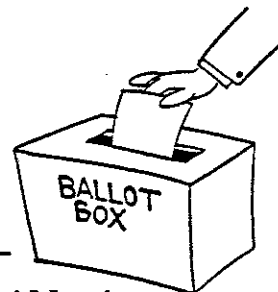
And thank you - THE MEMBERS - for making all the effort worthwhile.

Happy cycling,

Mike

3rd. Annual Bike Club Feast - Mark your calendars for March 4. More information will be given at the February Club meeting.

ELECTIONS - ELECTIONS - ELECTIONS - ELECTIONS - ELECTIONS



The election of officers for the Clinton River Riders will be held at the February meeting. The following people have been nominated and have accepted the nomination for these offices:

JP/ President - Michael Holden
Ride Director - David Heck, Bill Cleland, Ray Dominick
Secretary - Claudia Dominick, Karen Mousseau
Treasurer - Warren Berthelsen
Newsletter Editor - John Rabaut

The Election Committee, Ed Gostin (939-6107) and Andy Neumann (756-3369) will continue to accept nominations for these offices through the month of January. If you wish to nominate a club member or would like to run for a position, please contact the Election Committee before the next club meeting.

DISBURSEMENT OF CLUB FUNDS - If you may have any suggestions on purchases or donations, using club funds, please contact Mike Holden. He will then present the ideas to the membership at the monthly meeting. Call (398-1677) or write:

Michael Holden
716 Frederick
Royal Oak, MI 48067

MEMBERSHIP FEES - This is your second from last newsletter if you haven't paid your 1989 dues, which were due on the first of January.

Individual \$7.50 - Family membership \$10.00
Please send checks to: Clinton River Riders
36558 Moravian
Mt. Clemens, MI 48043

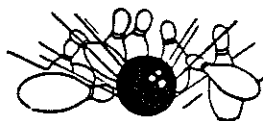
CLUB EVENTS

PLEASE CALL THE CLUBS HOT LINE (792-4670) BEFORE A SCHEDULED EVENT FOR ANY LAST MINUTE CHANGES.

Sunday January 15, 7:00-8:00 pm - Whirly Ball - The game is a combination of Jai-Alai, Hockey, Basketball and Polo played from a bumper car. There are a few openings left for Whirly Ball. Contact Karen Mousseau (791-0555) for reservations. Whirly Ball is located at 15 Mile Rd. one block east of Grosebeck (19781 15 Mile Rd. - 792-4190). Please arrive 10-15 minutes early to set up teams and rotation, and familiarize your self with the game.

Sunday January 22 - X Country Skiing at Corsair (Tawas MI) - Meet Bill Cleland at 7:00 a.m. in the bank parking lot at 17 Mile Rd. and Garfield. There will be a motor home to use as a warming shack.





Saturday January 28, 9:00-11:00 pm - Bowling - Contact Bob or Rose Goebel (286-0384) to make reservations for a night of bowling at Lakeshore Lanes. The cost will be \$9.00 per hour per lane divided by the number of people on the lane. Lakeshore Lanes is located on Jefferson, 1/2 block south of 13 Mile Rd.

Sunday February 12 - Andy Neumann's 4th Annual Birthday Ride - Meet at the West Branch parking lot in Stony Creek at 9:00 a.m. for either a mountain bike ride or x-country skiing, depending on the weather.

Every Sunday - X-Country Skiing - Meet Andy Neumann at the West Branch Parking lot in Stony Creek at 8:00 a.m. Weather permitting... For more skiing information call the Hot-Line.

WALLYBALL

The next sessions of wallyball will be on Jan 21 and Feb 4, at 6:00 p.m. at the Gateway Racquet Club located on Van Dyke north of 14 Mile Rd. (near the Premier Center). The Club has reserved the courts for 1 1/2 hours (6:00 to 7:30). The cost is \$30.00 per court divided by the number of people playing. Club members, please limit guest to one per member. Afterwards join the group for a bite to eat. Again a reminder, try to arrive early, bring a towel and a lock. Anyone wishing more information call Warren Berthelsen, 781-6706.

TOURS SPONSORED BY OTHER CLUBS

February 5 - "Freeze Ride" - Sponsored by the Westland Cycling Club. Call Hot-line for more information.

May 7 - Metro Grand Spring Tour - 20 to 105 mile routes available. Includes: Sag, maps, fanny patch, food stops, etc.

May 13-14 - TOSRV (Tour of the Scioto River Valley) - A 220 mile ride from Columbus, Ohio to Portsmouth and return. To get your application, you must send a self-addressed stamped envelope to - TOSRV, P.O. Box 23111, Columbus, Ohio 43223. Applications forms will be mailed February 1 and you must return your application form and money as soon as possible to be accepted.

May 20 - Frankenmuth Fahrrad Tour

June 16-19 - GEAR 89 (Great Eastern Rally) Saratoga N.Y. Skidmore College - GEARS are annual conventions for bicyclist, held by League of American Wheelmen and hosted by local cycling clubs, attracting bicyclist from all over the country. For more information and a registration form, send a S.A.S.E. to GEAR 89 Saratoga, P.O. Box 127, Albany N.Y. 12260

June 18-24 - The Great Ohio Bicycle Adventure - Sponsored by the Columbus Council of American Youth Hostels. A one week tour of Ohio, about fifty miles per day. Cost is \$45.00. For more information call the Ohio Tourism 24 hr. hot line, 1-800-BUCKEYE or send your name and address to The Great Ohio Bicycle Adventure, 3130 North High St., Columbus, Ohio 43202.





EFFECTIVE TIME TRIALING - PART III

Race Techniques

by Ed Gostin

Many times Time Trials will start early in the morning. If this is the case, get up at least two hours before the start in order to be fully awake on the bike. Use the previous week to become accustomed to getting up this early, if this is too different from your daily routine. Ideally you should also train early in the day, however this may not be possible if you work during normal business hours. Eat only a light breakfast of juice, toast and honey, and possibly a piece of fruit. If your stomach tends to be sensitive, you may wish to skip the solid food. Experiment and see what works best for you.

A good warmup is essential to a good performance; you must be able to give full effort from the start. You should wear clothing that makes you feel comfortable while standing still. Begin your warmup by riding easily for 15 minutes. Then do several short (1/2 mile) progressively harder intervals. You should bring yourself to a sweat. About 10 to 20 minutes before your start remove your training suit. Then get back on the bike and stay hot. Then take your place in line when it is time.

As you roll to the line have the bike in the gear you will use for the start. This should not be your lowest or highest gear. If you are strong enough, start on the large chainwheel to avoid a time consuming shift when you are still trying to gain speed. Don't however, use the large chainwheel with the largest cog of the freewheel because of the extreme chain angle and resulting friction. The best gear for you should be determined in your training. As you take your position at the start, make sure that both feet are locked into the pedals (assuming you have a holder). Set your lead-off foot to about 2 o'clock and apply your brakes. At three seconds before start squeeze your brakes harder, at one second apply force to your lead-off pedal. At zero, stand up and release your brakes; You will take right off. Stay out of the saddle until you have reached your speed, then sit down. Stay seated for the entire ride unless you encounter sharp turns or short, steep hills. This is necessary to maintain pedal RPM. Keep your pedal RPM between 86 and 92, using your gears as necessary. If your warm-up was thorough; the first few miles will not seem too hard. After that you can expect to hurt. Don't slow down, remember that you must have pain to go as fast as you can. Pain is proof that you are riding the race correctly.

Here is a special pedalling technique used by many top riders in a time trial. Once you are up to speed allow one leg to come around for one revolution with no exertion on the pedal - five revolutions later do the same for the other leg. Another five revolutions relax the first leg, then another five and relax the other again. Continue this throughout the entire time trial. The periodic relaxation allows extra blood into the leg muscles

and allows some recovery. Since the legs stay fresher and stronger, the speed should increase. This technique should be practiced in training until it is automatic.

Another special technique used relate to breathing. Inhale slowly through both the nose and the mouth, then exhale sharply through the mouth only. To prevent a dry mouth, let your jaw drop open and hold it forward a bit. Place the tongue behind the bottom row of teeth or on top of the teeth just behind the lip. Try this now and you will feel the extra saliva flowing. Again, this should be practical in training until it is automatic.

When passing another rider, pick up your speed and pass convincingly. You do not want him to be tempted to ride along side of you or even to draft you for a while. This does happen even though it is illegal.

The finish of the time trial comes in the last quarter of the distance. Gradually pick up your speed as you get closer to the finish; you should be exhausted as you cross the line.

You should not finish with an all out sprint because you should not have enough left for an all out sprint. Everything should go into the distance.

The most important thing to remember is that no matter what your ability level is, the key is winning the fight against yourself. A strong mind is required as well as a strong body. Motivation must be the dominate force. You must concentrate on one thing - steady, hard work.

Next month: Equipment

CLUB RAMBLING'S

CONGRATULATIONS to David and Heidi Heck on the birth of their daughter Melissa Heidi born December 25, 1988.

We have not received a letter from Duane and Elizabeth Nieman this month. Sandra Studebaker met them in Australia, they are doing great and send their regards to all the club members.

Some club members put more miles on their bike than in their car and we feel they should be recognized for their total personal milage for 1988. John Edry, 10,600 - Frank LoPiccolo 9,700 - Ray Dominick 7,500 - Ted Gondert ?,???

The First Dozen Ride, sponsored by the Dearborn Cycling Saddlemen on January 1, 1989 brought out 20 Clinton River Riders on a beautiful day. What a great way to start out the New Year.



THE CASANOVA AWARD

I would like to take this opportunity to thank the Clinton River for selecting me to receive the "Casanova Award" - 1988" (in absentia) at the annual Christmas party. Although this award is well recognized by the older club members, perhaps many of the newer members are unfamiliar with the origin of this award or, unbelievable as it may seem, may not even be familiar with its namesake.

The Casanova Award was named for the great Italian bicycle racer Benito Salvatore (B.S.) Casanova, 14 times (1897-1910) winner of the famous Bologna-Wien Rambelo (BWR). However, he is perhaps best remembered for his challenge race in 1908 against the powerful German champion, Andreas Altmann. Even the American TV network (ABC) sent a camera crew to cover this happening, perhaps the first "Race of the Century". But as so often happens in such media events, the German was overmatched and B. S. was seen happily smiling as he destroyed Altmann in the mountains. The Americans were in a panic as they realized that their ratings were dropping since they were unable to show the blood, sweat, tears, and agony so popular with their audience due to the overwhelming dominance of Casanova. Therefore, they began to shout at him; "ACTION! ACTION! ACTION! WE NEED SOME ACTION! This caused him to motion toward the camera crew (with what today we would call an obscene gesture) and respond with his memorable reply: "I'A Great B.S.'A, I DONA MAKA ACTION!".

So if I may paraphrase the inscription found on the Clinton River Rider "Casanova Award" which says in part:
"IN RECOGNITION..... In the entire history of the Clinton River Riders no one has ever approached your feat of producing so little action from so much B.S.".

I was certainly surprised to have been selected for this honor. I will try to be a worthy recipient of the award but we should always remember that as in any professional sport there are always younger, stronger, and more eloquent talkers just waiting their turn to receive their just recognition. So when a suitable candidate emerges from the club in the future, I will be pleased to present him with the next "Casanova award".

Bob Latsko



CLINTON RIVER RIDERS

1988 CLUB AWARDS

1988 TIME TRIAL SERIES MEDAL WINNERS

FINAL POINT STANDING

Gold - Ted Gondert
Silver - Nate Fitzpatrick
Bronze - John Edry

MOST IMPROVED BETWEEN TWO RIDES

Gold - Joann Doran
Silver - Andy Neumann
Bronze - Emalee Newbound

MOST IMPROVED RIDER OVERALL

Gold - Rose Goebel
Silver - Robert Goebel
Bronze - Claudia Dominick

FOR MILEAGE and Organized rides

GOLD

Jim Cramer
Tina Dominick
Bob Goebel
Rose Goebel
Ted Gondert
Gary Haelewyn

SILVER

Warren Berthelsen
Eric Berthelsen
Kristin Berthelsen
Bob Crowley
Joe DeOro
Ray Dominick
Claudia Dominick
John Edry
Ed Gostin
Frank LoPiccolo
Rick Moorman
Doris Mulligan
Andy Neumann
Sue Pavlat
Ron Skiba
Jim Wright

BRONZE

Barb Berthelsen
Mike Boden
Bill Cleland
Tom Dominick
Joann Doran
Rick Dyer
Nate Fitzpatrick
Tom Graham
Ken Kock
Bob Latsko
Karen Mousseau
Emalee Newbound
Kathy Pfent
Larry Robb
Greg Robitaille

CLUB AWARDS

Club Cheerleader - Rose Goebel
Mr. Goodwrench - Ted Gondert
Den Mother - Barb Berthelsen
Den Father - Warren Berthelsen
Spaghetti Pig Trough - Ray Dominick
Samurai Bike Tester - Eric Berthelsen
Boneshaker - Mike Holden
Comeback Kid - Bob Goebel
Athletic Supporter - Jerry Pavlat
Rookie of the Year - Bill Cleland
Super Sag - Jim Cramer
Casanova - Bob Latsko
Guardian Angel - Tom Dominick & Ray Dominick
GIGO (garbage in-garbage out) - David Heck
BWR Widows - Heidi Heck & Sue Moorman
Dirtier Than Thou - Andy Neumann
Sesquicentennial Member - Paul Nowakowski
JOA - Bob & Rose Goebel
"A Funny Thing Happen on the Way to" - Joe DeOro
Stitch in Time - Denise Cryerman & Bob Kosen
Heart & Soul - Larry Robb
Florence Nightingale - Janet Horn
Mother Watties Soup Kitchen - Momma Dominick



