

January 1992



President: Warren Berthelsen 781-6706
Ride Director: Ray Dominick 776-2793
Secretary: Dennis Audet 777-0837
Treasurer: Bob Goebel 286-0384
Editor: Ted Gondert 752-9466
Hot-line: 792-4670

Next Meeting: Monday Feb 3, 1992 at the Mount Clemens Recreation center 300 Groesbeck at Lafayette.

New Members: The Clinton River Riders would like to welcome the following new members; Mark & Pamela Beaujean, Donna Donahue, George Lombardi. Hope you can enjoy many rides and events this year.

Dues: Club membership is renewed on January 1st. The February newsletter will be your last if you don't renew. Membership is \$12.50 per year for individual and \$15.00 for family. Send renewal form (in newsletter) and checks payable to: The Clinton River Riders, 36558 Moravian, Mt. Clemens, MI 48043

Elections: The club officers will be elected at the Feb 3 meeting. Jerry Pavlat and Mark & Pamela Beaujean have volunteered as election officials. You must be a current dues paying member to vote in the election. The following nominations have been made. (a) accepted (d) declined

President: Bill Duemling (a), Warren Berthelsen (d) Ray Dominick (d), Gary Haelewyn (d), Oscar Balmaceda (d), Sue Pavlat (d), Doug MacDermaid (d)

Ride Director: Doug MacDermaid (a), Gary Haelewyn (d), Dennis Audet (d), Kirk

Carolan (d), John Edry (d), David Hrit (d), Steve Morauski (d), Claudia Neumann (d), Ron Smith (d)

Secretary: Dennis Audet (a), Duane Nieman (a), Rick Moorman (a), Lori Brickner (d), Susan Hrit (d), Pennie Morauski (d), Vicki Malloch (d), Oscar Balmaceda (d)

Treasurer: Bob Goebel (a), Elizabeth Nieman (a) Bill Cleland (d), Rose Goebel (d) Dave Merriwether (d), Blake Bennett (d), Lori Brickner (d)

Editor: Mike Kiefer (a), Vicki Malloch (a), Gary Haelewyn (d) Ed Gostin (d), Rose Goebel (d), Bob Crowley (d), Ted Gondert (d), Kate Carolan (d), Sue Pavlat (d), Ron Skiba (d)

Nominations can still be accepted at the February meeting before the election. Contact Jerry Pavlat or Mark & Pamela Beaujean on the election committee.

Bike Feast: tentatively scheduled for Saturday, March 7, 1992 7:00 pm at the Melvin G. Bailey rec center, 36651 Ford Rd in Westland. Bill Cleland will have more information as soon as plans are finalized. The Bike Feast is get-together of several local bicycle clubs for dinner and slide show of ride events from last year and a look to the new riding season.

Jerseys: The new club jerseys have finally arrived! Sue Pavlat kept the phone-fax and mail lines warm getting the jerseys ordered and made right. Then she had to argue the price down below \$50.00. Thanks to Sue Pavlat and thanks to Doris Mulligan who made the design. The Louis Garneau, CoolMax jerseys are sublimated with our club colors of red and gray in a paint stripe pattern with the club logo on the back. Total cost is \$48.50, the price to club members will be \$32.50 or \$12.50 balance with the \$20 deposit paid. Contact Bob Goebel after 4:30 p.m. if you ordered a jersey or wish to. 286-0384. You can pick up your jersey on Saturday Jan 18, 10 a.m.-Noon or Saturday Jan 25 10 a.m.-Noon at Bob Goebel's house or jerseys can be picked up at the Feb 3 meeting. Have check made payable to Clinton River Riders. If your jersey doesn't fit right bring them to the February meeting to sell to another member. These are tight fitting racing jerseys, some members don't fit XX-Large. If you want the elastic in the bottom hem removed bring the jersey to Sue Pavlat, ASAP to be sent in for restitching. NO-REFUNDS. Jerseys reordered when enough deposits are collected.

MS-150: Scheduled for June 27-28 from Livonia to Lansing and back. This pledge-ride of 75 miles each day is for the Multiple Sclerosis Society of Michigan. The Clinton River Riders have supported this ride for the last several years. 1500 riders from beginners to seasoned riders with thousands of miles participated last year. The CRR provides ride leaders who help the 1500 with encouragement and repairs. Contact Andy Neumann (313) 756-3369 for more information if you want to volunteer.

RAT Tour: The Ride Around Torch lake tour in Traverse city will be on the weekend of July 18. General Motors is having a 2 week shut down the same time so if you want hotel reservations make them quick before they are booked.

Roller Blading: If the cold and ice make it hard to skate outside and there's not enough snow to ski?? "Roll At The Dome" indoor roller blading at the Silver Dome in Pontiac. This is a track on the first concourse level around the dome. Call 228-8306 for schedule.

Stair Climbing: Sundays, 9:00 a.m. meet Sue Pavlat or Doug MacDermaid at the Westin Hotel health club on the 3rd floor in the Renaissance Center in Detroit for stair climbing. Showers and towels available at the Westin health club.

Sunday, Feb 2, 9:00 a.m. to 2:00 p.m. the American Heart Association annual "To The Top" race and pledge marathon will be at the Westin Hotel. Contact the American Heart Association of MI, P.O. Box 160, Lathrup Village, MI 48076 (313) 557-9500 for more info. The Clinton River Riders have volunteered to pass out water for the participants. Call Doug MacDermaid or Sue Pavlat for more info.

Bike Expo: Sunday March 29, 1992 at Macomb Community College south campus (12 mile and Hayes). The Expo features criterium races and bicycle dealers and manufactures showing the latest equipment. The Clinton River Riders will have a booth at the show to promote the club and cycling. Contact Mike Gemus (313) 752-8226 if you can help with ideas and working the booth.

Bicycle School: The Walden School of Cycling, This is a bicycle training camp in Florida which Dale Hughes and Mike Walden have run for several years. Level 1 teaches basic bicycle positioning, pedaling techniques, bike handling etc. Level 2 is advanced training for racing techniques such as drafting, race strategy, sprinting etc. Level 1 must have been completed before Level 2. The day begins with drills on techniques then longer riding sessions. Riders are grouped according to ability, experience and on the bike evaluation. One week sessions begin Feb 2 thru April 19, 1992. Cost is \$345 per week includes 6 nights lodging, 17 meals, coaching, video analysis, riding, sunshine and fun. Discounts for groups of 4 or more, save \$50 per person. Contact: Walden School of Cycling-145 South Livernois, Suite 199-Rochester, MI 48307 (313) 652-0511.

Ride Schedule: Due to the cold and the snow, the ride schedule has been reduced. If the snow stays, skiing will be scheduled. Call the hot-line (313) 792-4670 for updates. Call Ray Dominick if you want to schedule an event.

Sunday, Jan 29 9:00 a.m.: meet John Edry at Romeo High School for a 30 mile mountain bike ride on dirt roads to Dryden for pancake breakfast, weather permitting.

Skiing: Gary Haelewyn has reservations Friday, Jan 17 to Sunday, Jan 19 at the Water Tower Inn, Sault Ste Marie, Ontario, Canada. 2 nights lodging with breakfast Saturday and Sunday. With 120 kilometers of groomed cross country trails and alpine skiing at Searchmont. Filled up.

Friday, Feb 14 to Sun, Feb 16, 1992 at Boyne Valley Lodge, Walloon Lake, MI. 2 nights lodging, breakfast Saturday and Sunday and dinner Saturday. \$68.00 per person, 1 spot left. Contact Gary Haelewyn 643- 5408 (W) or 286-5094 (H).

Swap Meet: Monday, February 3 after the CRR meeting at Mt Clemens Rec center.

Wally Ball: Saturday, Jan 11 and Jan 25 6:00-7:30 p.m.: Gate Way Racquet club, Van Dyke at 14.5 mile behind Premier Center.

Slide Show: Sue Pavlat & Ron Dossenbach will present a slide show of 1991 CRR events at the March meeting. It was shown at the 1991 CRR Christmas party.

Christmas Party: The 1991 CRR Christmas party was enjoyed by many. The chicken and scalloped potatoes, rolls and roast beef were good. Sue Pavlat & Ron Dossenbach presented a slide show of 1991 CRR events. The awards for top mileage were presented. Sue Pavlat & Ron Dossenbach our ultra-marathon cyclists declined to enter so others could win. Top mileage for the men was 9203 miles by Bill Duemling. Top mileage for the women was 3550 by Laurie Brickner.

The humorous awards were presented with "I Survived DALMAC" to Mike Malloch who recovered from a myocardial infarction. "It Wasn't the Beer" went to Gary Haelewyn who got sick from bad food or water-he says- on DALMAC and had to go home.

Newsletter Title: Bring your ideas for a title for this newsletter to Feb 3 meeting. Win a dinner gift certificate for entering the name chosen by club.



In January (date): James Gallagher (01), Alice Robinson (01), Lisa Ureel (01), Denise Kosen (02), Richard Wolfe (04), Jim Wright (05), Susan Hrit (06), Jane Koch (06), Joan Wolfe (10), Juana Deradoorian (14), Curt Best (15), Mike Unger (18), James Kelley (23), William Salot (29), Mike Malloch (30)

In February (date): Lisa Paterson (03), Dot Martin (04), Carol Trombley (05), Barb Berthelsen (06), Linda Jacobs Martin (15), Andy Neumann (15), Jeff Robinson (16), Henry Thoenes (18), Margaret Sanchez (20), Rick Stebbins (21), Larry Robb (22), Richard Van Buren (26), Doug MacDermaid (27) Ken Koch (27)

Bike Advocate: The Michigan House of Representatives have passed a bill requiring bicycle helmets for children 4 years old and younger when on a bicycle carrier or trailer behind a bicycle. This bill still has to go through the state senate before it becomes a law.

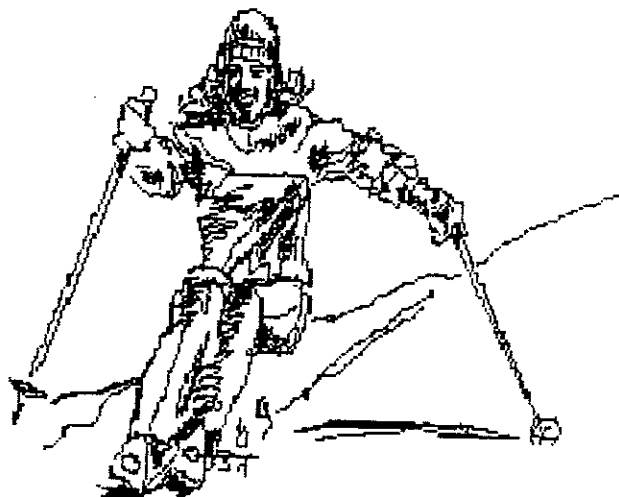
For Sale: Trek 2300 composite frame bicycle, 60 cm seat tube. Complete Shimano 600 component groupo. Shimano/Look Dura Ace pedals. All accessories included: Cat eye Micro computer, 2 bottle cages, Silca frame pump with Campy head, Rhoad Gear seat bag. Victoria folding clincher tires. Less than 1000 miles ridden, never crashed or mistreated, like new. \$700 O.B.O. call Andy Neumann (313) 756-3369.

Rossignol "Silver 44" diagonal cross country skis, carbon fiber 210 mm, Soloman bindings, waxed. \$100.00

Racer Mate Pro, with stand. Fan above wheel \$50

Contact: Dave Gaskell (313) 527-2075

First Dozen: The "First Dozen" tour in Dearborn was a good start to the new year. Over 250 cyclists showed up at the Masonic Temple in Dearborn on Jan 1 for the 12 mile ride. The temperature wasn't too bad and the sun was out as the riders lined up for the mass start at 2:00 p.m. The CRR had their best turnout of riders on any ride of the year so far! But seriously over a dozen of our club members were there including Sue & Jerry Pavlat, Doug MacDermaid, Elizabeth Nieman, Andy & Claudia Neumann, Ted Gondert, Bill Crowley, Dave Courter, Dave Walley, John Edry, The Berthelsens, etc. Dearborn is a bit of a drive when you can ride around your own neighborhood but you don't meet a few hundred riders and have coffee, doughnuts, fruits and hot chocolate after the ride, at home.



A NEW BEGINNING

Due to the length of the Jan. club meeting, Jerry and I were unable to make an announcement about two exciting happenings for 1992 for Pavlat's.

The first: We are starting a USCF Racing Club called The Prestige Cycling Club. William Guilbert conceived the idea several months ago and will be the Manager. The Team will be known as 'Pavlat's Americana' as the other sponsor is the Americana Restaurant in Utica. The team will be kept small for the first year with 10-12 riders split between Cat. 3 and Masters. So far we have secured six of the top Masters in the state!

We are already associated with the best recreational/touring club in Michigan, The Clinton River Riders who put on one of the top invitational rides in the state, The Blue Water Ramble! We are very proud of that. And with the Prestige Cycling Club, we hope to be a dominating force in the racing circuit in 1992!

Second announcement which most of you know by now: After 19 years in business we are opening a second location in Royal Oak, Pavlat's Two Wheel Authority. With this new venture it's like starting a family all over again. The baby will go through it's infancy with good days and bad days. It must first learn how to crawl, then walk, then run. Right now our Mt. Clemens location is running full steam ahead and can do without me.

Jerry will hold the fort down in Mt. Clemens. John and I will be going to Royal Oak to work on this venture together. We made a great team in Grand Rapids last year at the Michigan National 24 Hr Challenge accomplishing the task of setting the Mother/Son record. We will make Royal Oak work just as well. It's going to be hard for me to leave Mt. Clemens and not being able to see so many of my wonderful friends I have made here, on a regular basis.

All the energy/efforts and focus that I put into my long distance racing over the past four years will now be turned into getting Royal Oak off the ground. We feel we are making a smart move by taking advantage of the economy being where it is, and with prices being just right. It's kind of like the strategy used in racing. When you see an opening, go for it! In the words of Nike, we are going to 'JUST DO IT'!

Important: A \$20.00 non-refundable deposit must accompany each entry. Fee is applicable toward pledge prizes.

Entry Form

(please print)

Make all checks payable to:
American Heart Association of MI
P.O. Box 160
Lathrup Village, MI 48076

Last name _____ First name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Age (Race day) _____

Male Female T-shirt size S M L XL

I am unable to attend this event. Please accept my donation. Amount enclosed \$ _____

Going for the trophy??

For those who enjoy competition, there will be individual interval starts between 9 a.m. and 11 a.m. Seeding is not required; first come, first start! Trophies will be awarded to the top three performers in each age group (under 16, 17-24, 25-34, 35-44, 45+) for men and women at 12 noon.

The athlete demonstrating outstanding endurance by climbing the most flights will win a Westin Weekend Package for two, compliments of the Westin Hotel. Multiple trips up the stairs will be allowed between 11:00 a.m.-2:00 p.m. The Westin Health Club is available for changing clothes.

Waiver

(Must be signed by entrant/parent or guardian) Please consult your physician before engaging in any physical exercise.

In signing this form for myself (or the participant named below if he or she is under 18 years of age), I understand and I agree to absolve the American Heart Association, Westin Hotel, Renaissance Center, Detroit, Renaissance Center Venture, Detroit Pistons, and other unnamed sponsors, be they individuals or organizations, singly or collectively, of all blame for any injury, misadventure, harm loss or inconvenience suffered in any of the activities associated with the said event.

Signature _____ Date _____

Parent or guardian (if under 18 years of age) _____

1992 To the Top!

Sponsor Form

Name _____
Address _____
City/State _____
Zip _____ Phone _____
Suggested pledge: \$.05 to \$.50 per floor
Make checks payable to: AHA of MI

1991 Top fun-raisers:
Pat Brehler, \$550
Course record holders:
Dr. Joseph Kenny, \$49
Susan Thompson, \$91

Pledge amounts
05 per floor equals.....\$3.60
07 per floor equals.....\$5.00
10 per floor equals.....\$7.20
25 per floor equals.....\$18.00
35 per floor equals.....\$25.20
50 per floor equals.....\$36.00

Sponsor Name/phone	Pledge per floor	Total pledge
1. _____		
2. _____		
3. _____		
4. _____		
5. _____		
6. _____		
7. _____		
8. _____		
9. _____		
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11. _____		
12. _____		
13. _____		
14. _____		
15. _____		
16. _____		
17. _____		
18. _____		
19. _____		
20. _____		

Grand total \$ _____ Pledge prizes are based on money turned in on or before the event.

No Cost to You

A \$20 minimum sponsor deposit must accompany the entry form. Sponsor sheets and the balance collected should be submitted at the registration desk on race day. After January 23, 1992 the fee is \$25.

Join the Party

All pre-registered participants (before Jan. 23) receive a T-shirt on race day; certificates for all!

After the climb, join the party in the St. Clair Room, Promenade level. Music, snacks, health tips and more! Courtesy of Selectcare. Music provided by TK Productions, Garden City.

Prizes!!

- Grand Prize for most pledges collected:**
Trek mountain bike donated by Pavlat's Prestige Cycles (\$400 pledge minimum)
- Prize for most steps climbed:** Westin Weekend package for two, Renaissance Center
- Additional prizes**
Raise \$1,000, receiver: 35mm Camera
•\$500 ••••• Cross-trainer or running shoes
•\$250 ••••• \$25 gift certificate from Harper Sport Shop
•\$100 ••••• A Pat Brehler sports massage or a haircut by UPSTARES Salon, Royal Oak
•\$50 ••••• AHA Fair & Cholesterol Counter
•\$20 ••••• Souvenir T-shirt

A special thanks to all the volunteers and contributors who make this great event happen. See you at the Top!

JURY DUTY--DEATH BY CHOCOLATE
By Vicki Malloch

- 1 Devil Food cake mix--bake cake
- 1 cup Kaklua(pour over cake while hot)
 make holes in cake with fork
- 2 boxes of chocolate mousse
- 2 8oz pkg of Coolwhip
- 6 Heath candy bars (crushed)

Bake cake in 13X9 inch pan--make holes in cake with fork
& pour Kaklua over cake (let soak in for few hours)
Break up cake -- 1/2 goes in bottom of glass bowl--
add 1 box of mousse, add 1 bowl Cool Whip and 3 crushed
Heath bars. Repeat with other half

APPLICATION FORM

CLINTON RIVER RIDERS
BICYCLE CLUB

_____ \$12.50 Individual (over 18)

_____ \$15.00 Family

Name _____

Address _____

City _____

State _____ Zip _____

Home Phone _____

Family Names	
Name	Birthdate
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

RENEWAL

Please make check payable to:
Clinton River Riders
36558 Moravian
Mt. Clemens, MI 48043

