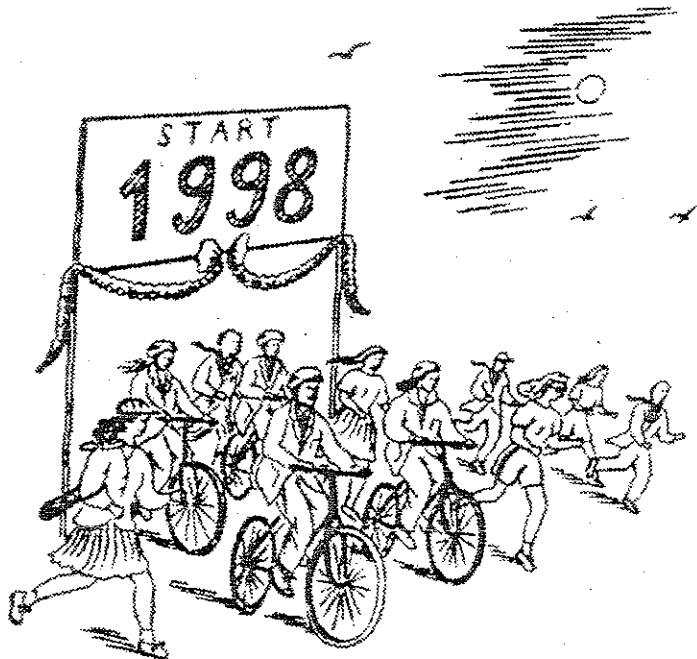


Rambler



January /February 1998

produced by: Deb Angst & Sue Pavlat



Rodica Prato

Happy New Year!

1998 promises to be a good year. Our club is in good financial shape & the finance committee is helping us to make cycling better in a variety of areas. I'm happy to report that we have some wonderful club members that have been nominated for club officers and have accepted the nomination. For ride director, we have Sandy Freeman (Macilyn Tarantino will help her), and Will LaJack (Will rode 10,000 miles in 1997). Also, Bob Latsko for treasurer & Darlene Duskey for secretary. The club extends a big *Thank You* to these club members for responding to the club's need for officers for 1998. Several club members were nominated for the office of newsletter editor and all declined. I'll be the first to admit that this is probably the most work & is a good position to be shared. I have enjoyed the position and would continue if I could. Unfortunately, a new career & 3 college classes leaves me no time for other things at this time. If there are no club members willing to be nominated for newsletter editor at the February meeting, the February newsletter will be your last issue for 1998. This is serious folks. So, come one, come all to the February meeting to support our club members that have been nominated for office, and brainstorm among yourselves and come up with a newsletter editor.

Thank you,
Deb Angst

Editors Note

Any article or picture submitted for the newsletter will be printed if possible. Please submit up to and including the monthly meeting. Info may be sent to my E-mail (doubletime@teleweb.net)

Thanks,
Deb & Sue

Next Meeting
Monday
February 2, 1997
7 pm

Mt. Clemens Recreation Center
300 Groesbeck



792-4670

President

Gary Green 468-7351

Ride director

Rick Jones 879-2490

Secretary

Julie Windhorst 939-6073

Treasurer

Greg Schultz 775-2208

Editors

Deb Angst & Sue Pavlat

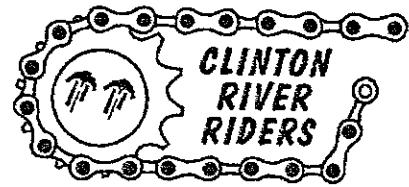
573-8089

LMB Representative

Michael Sproul

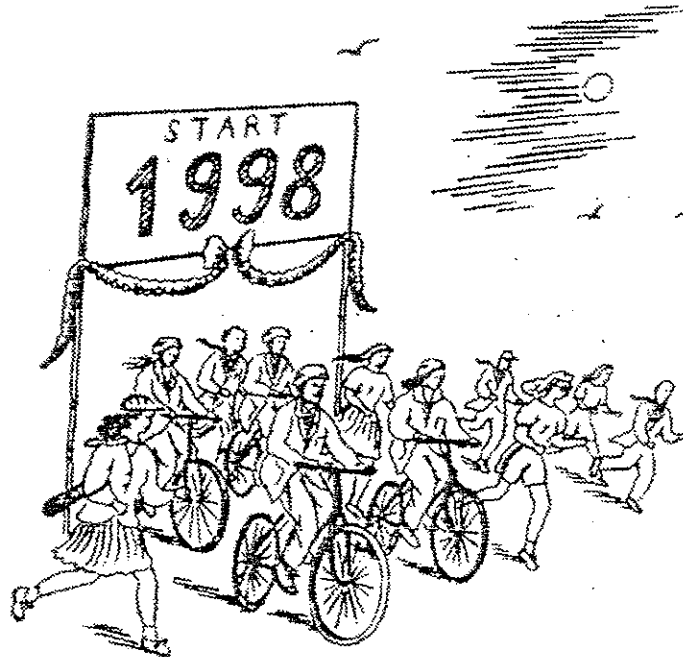
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Rambler



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Welcome New Members

We hope that you'll enjoy our club rides & events. Feel free to make suggestions, ask questions, & lead rides. We have lots of variety in our people & events.

FYI

It was voted upon and accepted that miles from December 1st will count towards your Club Miles for 1998. The calendar will now run 12 months from December 1st - November 30th.

BWR Design Contest

Time to get creative and bring in your designs for the 1998 BWR. The contest will be held at the February meeting.

Thank You

The club would like to extend a big *Thank You* to Sheila Jones, Laurie Brickner, Greg Schultz & Sue Pavlat for their hard work on the Christmas party. We had a great turnout, lots of awards, a fabulous slide show, and a good time had by all.

1998 Adventure

New info: The trip has been cancelled for 1998. Registration for an organized tour in Oregon will begin in late February. For more info, call: 1-800-CYCLE-OR. I published an e-mail address for Bev & Dan last issue that was incorrect. The correct address is: <fite@spiritone.com>

Congratulations

Bob George has been elected president of the Slow Spokes. Congratulations George - hope you'll still ride with us sometimes.

Treat List

We need volunteers for the treat list for 1998. The club pays for the treats (there is a limit of \$25). You just have to buy, bring, & give the receipt to the treasurer for reimbursement. The sign-up sheet will be at the next meeting. If you can't be at the meeting, call someone who will be & ask them to sign you up.

Rides & Events in January/February

*All evening rides require lights
Please check the hotline for any updates

Weekly Rides

Monday & Wednesday

Meet at Prestige Cycles at 6:30pm for training sessions with members of the Prestige racing team. Mondays will concentrate on spinning & Wednesdays will be power & technique. Bring water, towels, bike, rollers & trainers. Prestige will have rollers available for you to use if you don't have any yet and are interested in trying some out. These sessions are free & will run through February.

*Thursday

Bill Duemling will continue the Ramble Ride. Meet at Prestige at 6:30pm. Approx. 20 miles at an easy pace.

Saturday

Meet Doug MacDermaid or Rick Jones at Schultz Funeral Home (8 1/2 & Gratiot) at 9am for a 30-35 mile ride at 14-16mph to Grosse Pointe. Enjoy breakfast or lunch after the ride.

Special Events & Rides

Sunday 1/25

Meet Teddy at Romeo High School at 8:30am for the traditional pancake breakfast ride to Dryden. 45 mile round trip at a 16-18 pace.

Saturday 1/17

Heidleberg Comedy Dinner Theater. Tickets are \$30 which include the entertainment and meal. Dinner at 6:30pm. Call Bill Windhorst for more info.

Saturday 1/17 & 1/24

Meet at Warren Raquet Center at 6pm for Walleyball. Play till 7:30 and go out to eat after.

1/22-1/25

Jerry & Sue Pavlat scheduled a 4 day trip (lodging & meals included) put on by Santana in Scottsdale, Arizona. They can't go and are willing to sell the trip for \$500. Air fare is not included. Flights out of Lansing are approximately \$330. Contact them if interested.

Fri, Sat, & Sun 2/27, 2/28, & 3/1

Ski weekend in the Mio area. Call Doug MacDermaid if interested.

Sunday 3/22

The annual Bike Feast is a dinner at a hall where members of many different bike clubs get together & chat. There are usually some guest speakers. Last year, Kevin spoke about his cross country trip on his custom made bicycle. Kevin has cerebral palsy and can only pedal with one leg. They give out a lot of door prizes donated from local bike stores. Stay tuned for more details.

MS 150

There was a lot of discussion about whether or not the club would be ride leaders if asked by the MS 150. Steve Morauski has organized our participation in this event in the past. He is no longer interested in doing this. If someone interested in this, please let the ride director know.

BWR 1998

Don't forget to bring your t-shirt designs to the next meeting.

We need a food chair. The club voted to have a BWR 1998, but we need a food chair. There has been a lot of talk about having turkey dogs or other "more healthy" food. As food chair, YOU could get creative and have control over all the tasty treats. Volunteer at the next meeting or contact Gary Haelewyn if interested.



Bike Month 1998

Dear Bicyclists,

Plan Bike Month, and keep your spirits warm during the long winter if you live up in the north country. If you live in warmer climes — enjoy cycling, but still: Plan Bike Month 1998!!

This is lifted from the LAB Web Site:
<http://www.bikeleague.org>

May, 1997 marked the 41st Annual League-Sponsored Celebration, and was a roaring success! Keep May, 1998 in mind when planning your bicycle year. The NEW 1997 edition of the National Bike Month Event Organizer's Kit Available!

Bicycling is among the most popular activities in the United States, as reported recently in USA Today. An estimated 47.9 million individuals participate each year.

National Bike Month provides an opportunity for local communities to promote bicycling as an environmentally-friendly transportation, personal wellness exercise-vehicle, and a fun recreational activity. Each May for 42 years, the League of American Bicyclists has sponsored and promoted National Bike Month to share the joy of bicycling with the entire U.S. Highlights of this month-long fete are educational programs, bicycle commuting events, trail work days, bicycle helmet promotions, and much more.



The National Bike Month Event Organizer's Kit provides event ideas and assistance to bicycle clubs and organizations, environmental agencies, schools, park, recreation and tourism departments, police departments, hospitals, pediatricians, civic groups, etc. This invaluable kit contains how-to's on:

- gathering local sponsorship
- locating and working with volunteers
- creating appropriate correspondence
- resource organizations and individuals
- timeline for planning and conducting successful events
- tips for working with the media
- sample press releases, posters, etc.

Samples of completed projects from programs across the country are also included. Information on the benefits of bicycle commuting, helmet usage, and suggestions on how your community can partner with the League completes the kit.

Let's work together to make America more bicycle friendly!

To purchase your personal copy of this indispensable kit, for \$14.50 call (202)822-1333 to order by Visa, MasterCard, or Discover.

Bike Month Organizers Kit made possible with the help of Bike Lid-AE "The Best and Most Affordable Bicycle Security in the World."

This fall season is the time to start planning a fun Bike Month, or Bike Week for 1998. You'll be surprised how much awareness you'll create! And be sure to take your local officials for a ride around your town. Being on a bike is a real eye-opener, and gives your Mayor a chance to present the Proclamation.

June Thaden
 League of American Bicyclists
 President

jthaden@nmc.edu
 616 947-8476

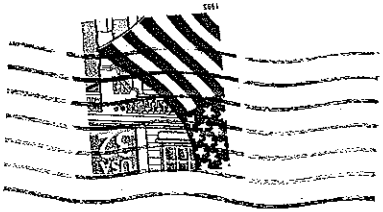
Club ID Cards

Identification cards are available for any club member at club meetings. See Greg Schultz. 10% discount will be given at participating stores.

Participating Bike stores:

- Prestige Cycles**
 36558 Moravian
 Clinton Twp. (810) 792-4040
- Cycle & Fitness**
 1109 S. Washington
 Royal Oak (810) 542-7182
- Pointe Cycle & Fitness**
 20343 Mack
 Grosse Pte. Woods (313) 886-1968
- Mountains of Bikes**
 42201 Garfield
 Clinton Twp. (810) 412-0500
- Antoons**
 42918 Schoenherr
 Sterling Heights (810) 247-9240
- Sterling Schwinn**
 2169 Metro Pkwy
 Sterling Heights (810) 979-7570
 878 S. Rochester Rd.
 Rochester (810) 652-1555
- Big Ralphs Schwinn**
 23521 Nine Mile
 St. Clair Shores (810) 772-3258
- Macomb Schwinn**
 28441 Schoenherr
 Warren (810) 756-5400
- Stoney Creek Schwinn**
 58236 Van Dyke
 Washington (810) 781-4451
- Main Street Bicycles**
 112B South Main St.
 Romeo (810) 336-1177
- Anchor Bay Bicycles & Fitness**
 35241 23 Mile Rd
 New Baltimore (810) 725-2878
- Continental Bike Shop**
 23262 John R.
 Hazel Park (810) 545-1225

HARLEWYN, GARY, JAN & FAMILY
41706 MERRIMAC
CLINTON TWP., MI 48038



Eat More & Lose Weight

As a cyclist, you're already ten steps ahead on the road to weight loss. You've heard it a million times: to lose weight, you must increase the calories expended and decrease the calories ingested. What is lost on many people is that you need to do both. Diet alone just increases metabolism. Go on a diet, and your body thinks it's starving. It will slow metabolism in order to operate more efficiently on less fuel. Not only will this hinder weight loss, but it also makes it harder for you to maintain your current weight. But you're a cyclist. Not only do you burn calories when you ride, but your higher metabolic rate means you also burn more calories when you sleep.

So you've got the exercise part down. Here's the secret to the diet part: In order to lose weight, most people don't have to change how much they eat, they just need to change what they eat. The secret is to increase the amount of carbohy-

drate you eat while decreasing the amount of fat. Fat has nine calories per gram to carbohydrate's (and protein's) four, so you can eat twice as much carbohydrate and still consume fewer calories! And the benefits don't stop there. It is much easier for your body to convert excess carbohydrate to fat. So even when you overeat by the same number of calories, you store less fat if the calories are from carbohydrate than from fat. One more reason all calories are not equal: Complex carbohydrate foods, such as whole fruits and grains, have bulk in the form of fiber. A couple of pieces of whole grain bread make you feel full, but some of the bulk passes right through without being converted to energy or being stored as fat. You can eat more and eat less at the same time. By changing your diet to 60-70% carbohydrate, you can eat the same amount of food you're used to eating, and still lose weight.

Instead of a donut, eat a bagel. Instead of french fries, order a baked potato. Skip the potato chips and stock up on pretzels. Buy a box of animal crackers for a low fat way to satisfy a sweet tooth. Snack on cereal.

Learn to read labels. Labels now list the total calories per serving, as well as the calories from fat - so it's easier to evaluate the true fat content before you buy. One last tip: Eat for function first, fun second. Want those corn chips, that candy bar? Only if you eat a banana first to make sure your body gets what it needs. Then eat what you want. Chances are, you're not so hungry anymore. And if you are, you're taking care of yourself first. And that's what really matters.

By Kathleen Gleason and reprinted from Performance Tips, the newsletter of Team Performance. For information, call 1-800-727-2453.