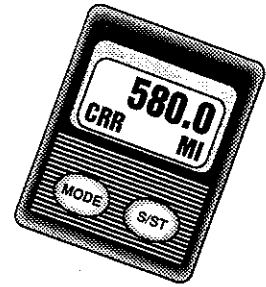
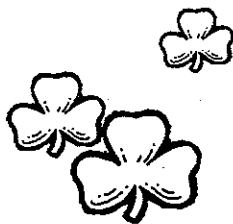




# March 1993



# Paceline



## DRIVER CHARGED WITH MURDER AFTER CAR SLAMS PACELINE

by Kimberly Grob

A 65 mile training ride in Alamo, California to the east of the Bay area's Berkeley Hills took an abruptly tragic turn on January 16. Vladimir Quinn, a 22 year old Cat. III racer with the Oaktown Wheelmen, in Oakland, California, was killed by a motorist who allegedly drove into an eight rider paceline on purpose.

According to witnesses, the driver, Linda Ann Scates, accelerated and steered into the paceline, killing Quinn and leaving 21 year old Doran Sellinger, also from Oakland, critically injured. Sellinger's foot was badly mangled and had to be amputated at John Muir Medical Center in Walnut Creek. Sellinger was in a coma for a week.

A spokesperson for the California Highway Patrol, C. W. Hubbs, reported that the cyclists were traveling on a marked bicycle lane at a speed of approximately 25 mph on Danville Boulevard; they were all wearing helmets. Around 2:30 pm, Scates approached the group in a white Ford Escort, slowed down, then shifted into a passing gear and gunned her engine, driving right into the cyclists. "At first, we thought it might have been an accident," said Hubbs. "But it wasn't. She did it on purpose."

After hitting the cyclists, Scates drove approximately one mile from the scene, abandoned her car, and

apparently spent the night hiding in the woods, as police searched the area with bloodhounds. She surrendered the following day, and has been charged with one count of murder, six counts of assault with a deadly weapon, and one count of hit and run with injuries to seven people.

Scates has had a history of mental problems, since here husband's death in 1985 - when he, too was killed after his car was intentionally struck by a motorist - and a previous conviction against her involved assault with a deadly weapon, her car. That charge stemmed from Scates forcing a neighbor's car off the road.

According to an article in the San Francisco Chronicle, Contras Costa County deputy district attorney Paul Sequeira reported that Scates had been in a bar just 30 to 45 minutes prior to the incident and told a man there that, "she felt like doing something bad." The bar's manager was quoted in the San Francisco Examiner that Scates had consumed two beers there.

Sequeira also said that her arraign-

...continued on next page

### NEXT MEETING:

Monday April 5, 1993, 7:00pm  
at the Mount Clemens Recreation Center  
300 Groesbeck at Lafayette.

- President: Bill Duemling 752-6310
- Ride Director: Doug MacDermaid 774-0295
- Secretary: Laurie Brickner 375-1204
- Treasurer: Penny Morauski 773-2213
- Editor: Lorie Kamm 777-8726
- Assistant Editor: Vicki Malloch 979-4076
- Assistant Editor: Mike Kiefer 884-1052
- HOTLINE: 792-4670

# Ride Schedule

Call the hotline (313) 792-4670 for updates.

Please ride safely. Wear warm reflective apparel and carry lights whenever necessary.

## Recurring activities for March

**Sundays, 9:00am & 12:30pm. Stair Climbing** at the Renaissance Center Hotel. Meet Doug MacDermaid (mornings) or Ron Dossenbach (afternoons) at the Westin Health Club. *At your own pace. Call Hotline for more info.*

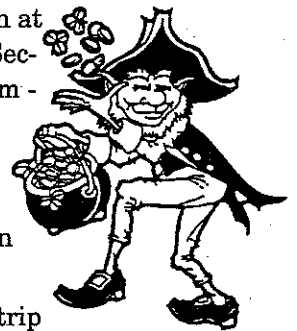
## Scheduled rides for March

**Saturday, March 13, 6-7:30 pm Walleyball** at the Gateway Racquet Club (8200 Irving Dr.) Van Dyke at 14 1/2 mile. The cost is \$36 for 1 1/2 hours per court divided by the number of players. Call hotline for more info.

**Sunday March 14. Annual St. Patrick's Day Ride.** Meet Patrick & Susan O'Moorman at Broadway Cafe in downtown Mt. Clemens (39 N. Gratiot. Park in the parking lot by the Secretary of State office and New street). Breakfast at 8:00 am - First 15 mile loop at 9:00 am - Second loop at 10:30 am Pace 14-16.

**Sunday March 21. 10:00 am** Meet Doug MacDermaid for a ride to Lake Orion. Meet at the Duck Pond in Rochester. Pace easy, slowest rider, 19 mi. For a longer ride meet Duane and Elizabeth at 9:00 am at the Romeo High school You'll meet up with Doug and his group in Lake Orion for breakfast. 50 mi.

**Sunday March 28, 8:30 am.** Meet Duane & Elizabeth at Romeo High school for a round trip ride to the Dryden VFW Hall for breakfast. Pace 16-18, 40-50 mi. (last Sunday of each month).



## Looking Ahead

Gary Haelewyn will be starting his **Tuesday night ride** once daylight savings time begins.

*continued from front page...*

ment, Scates told a California Highway Patrol officer that "she was sorry for turning herself in. She said she should have done more harm before turning herself in."

Six other cyclists, also members of the Oaktown Wheelmen, were involved in Scate's rampage: Scott Sutch, Peter Grudberg, Bruno Schull, Robin Van Vackenbugh, and Able and Miles Eisentraut, sons of framebuilder Albert Eisentraut, were struck down by the vehicle - five of them suffered minor injuries.

Quinn was a close friend of the Eisentrauts, who introduced him to cycling while in high school. "From my point of view, he was a part of the

family," said Albert Eisentraut.

A college student at Syracuse University, Quinn started cycling as a cross training method for skiing, competing regularly in local races and winning a number of events, including the Cat IV Challenge, a well known California road race.

Letters of condolence and cash donations can be sent to the families of Vladimir Quinn and Doran Sellinger, via a memorial account that has been set up by Quinn's mother, Stephanie Bianco. Make checks payable to Oaktown Wheelmen, c/o Stephanie Bianco, 5316 Locksley, Oakland, CA 94618.

(This could have been any one of us. A card might help)

*Reprinted from Article in February 8, 1993 issue of VeloNews*

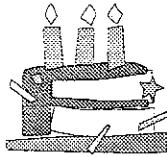
## Kudos and Thanks

Thanks to Oscar Balmaceda and Ron Smith for courageously stepping forward and taking over the chairmanship of the Blue Water Ramble. There will be a meeting March 22nd (mentioned elsewhere in this newsletter) for people who have helped, and are willing to help with the 1993 BWR. Ron and Oscar are already beginning to work on the BWR, if you can't make the meeting, give them a call. They especially want to talk to you if you worked on any of the committees last year.

Another thank you goes to Diane Baker for bravely volunteering to be our Bicycle Advocacy Representative.

## Birthdays

Derek Clark 4/5,  
Sandy Schauer 4/5,  
John S. Williams 4/8,  
Amy Ostrowski 4/11, Dorothy Smith  
4/11, Tommy LoPiccolo 4/12, Nichole  
Malloch 4/12, Bryan Domagalski 4/16,  
Rosa VanBuren 4/16, John P. Maravich  
4/24, Matthew Moorman 4/24, Rebecca  
Holden 4/27, Jim Cramer 4/29



## Welcome new members:

The Clinton River Riders proudly welcome the following new members:

*Riggs & Darlene Bedford and Family, and Steve Wilson*

We hope you will enjoy this and many future seasons cycling with us.

## Hot Coffee/Cocoa Mugs

Available from Laurie Brickner, secretary for \$3.50 each. These may be purchased at the club meetings.

## CRR Reference Library

Check out one of these great cycling videos available through Bill Cleland.

### In Stock

"MS150 1991"

"MS150 1992"

LL Bean "Bike Touring"

Cycling "Repair"

Bicycling Magazine "Bicycle Repair"

LAW "1991 National Rally"

"Effective Cycling"

### Coming Attractions

"91 and '92 Club X-mas Video"

## Leader of the Month

This month we have co-leaders. At the March 1st meeting, Laurie Brickner (on the back of Doug MacDermaid's tandem) and Duane Nieman (on the back of Bill Duemling's tandem) were awarded the "Top Leader of the Month" award.

(Let's hear it for back seat drivers!)  
The anticipation builds to see who it will be next month.

## The BWR Roll Out

The Blue Water Ramble is the club's only fundraising event. It is vital that the 1993 BWR be successful. To rollout the 1993 BWR campaign, we are having a meeting on March 22 at 7:00 pm. This meeting is for any member with past committee chairman experience. It will be held at Oscar Balmaceda's house, located at 6211 Pinetree Dr, Shelby Twp., South of 24 Mile Rd., East of Mound. If you cannot attend this meeting, but want to express your ideas on how to improve the ride, please call Oscar at home 731-3929 evenings, or at work 456-6615 from 9-3.

## Children's Cycling Program

Diane Baker's meeting has been re-scheduled. March 24th, 7:00 p.m. at Diane's house. 50176 E. Bronte #196B, Shelby Twp. All interested persons welcomed. With your help, Diane will be developing a program to teach young children the rules of the road and safe and proper cycling habits. Please call her at 247-5694 for directions and more information.

## Bike Expo

Sunday April 4, 1993 at the Macomb Community College South Campus (12 Mile and Hayes). 12-4 pm. at the P.E. Center. The Expo features criterium races and bicycle dealers and manufacturers showing the latest equipment.

The Clinton River Riders will have a booth at the show to promote our club and cycling in general. Contact Mike Gemus (313) 752-8226 if you can help with ideas and working at our booth.

## Comment of the Month

Pam Dyer suggested a new club jersey at the March club meeting, 'black and white stripes!'

## LMB Calendars

The 1993 LMB calendar of Michigan Bicycling events are available. Members of LMB and those who attended the Bike feast or our March 1st meeting already have their copy.

## Club Jerseys

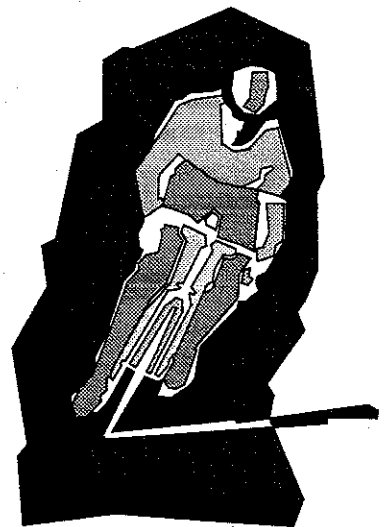
If you are interested in one of our fabulous club jerseys contact Steve Morauski. He will begin collecting names for the next order.

## Ride Director's Request

Doug MacDermaid has scheduled a meeting regarding summer rides for Monday, March 15, 7:00 pm. This is for anyone who would like to be a ride leader or currently is a ride leader. Contact Doug for more information or if you have any input.

Remember to chart your mileage and turn it in to our ride director Doug (how many stokers is it going to be this year) MacDermaid. Mileage cards are available at the club meetings.

Leaders, please make sure to fill out and hand in the ride sign-up sheets for all rides. A lot of mileage goes by the wayside when these are not turned in.



## GEAR '93, Geneseo, NY

Join the Rochester Bicycling Club and over 2,000 other cyclists for four days and three nights of excitement during the Great Eastern Bike Rally 1993 at State University New York, Thursday, July 29 through Sunday, August 1.

Visualize a weekend of over 25 rides per day starting from morning to early afternoon. Hundreds of bicyclists will be cycling the environs of Geneseo, NY in rides ranging in length from 12 to 100 miles over terrain ranging from flat to hilly. Food, housing and entertainment will be provided. Registration deadline is June 30, 1993.

Geneseo NY is just 40 miles south of Rochester. You must be a LAW member to attend GEAR. Individual membership is \$25, family membership is \$30. The GEAR registration fee is \$50, meals and lodging extra. Contact Bill Duemling or LAW for more information.

## Bikes Fly Free!

LAW members receive free bike passes on TWA, America West, US Air, and Northwest airlines. Join the National Organization of Bicyclists to support bicycle advocacy and education and you'll receive:

Eight issues of BICYCLE USA magazine easy year; Free bicycle boarding passes on participating airlines; Invitation to attend our National and Regional Bicycle rallies; Access to our bicycle event calendar; Free lodging with our Hospitality Homes Network; Discounts on Alamo rental cars; Free 1993 BICYCLE USA Almanac; And much more!

Membership categories: Individual, \$25; Family, \$30; Advocate, \$35; Sustaining, \$50; Lifetime \$425. Make check Payable to League of American Wheelmen, 190 W. Ostend St., Suite 120, Baltimore, MD 21230-3755 (1-800-288-BIKE)

## Digital Bicycle Chatter

For those club members that are into computers, there are several electronic bulletin boards. Prodigy has a Bicycling section, Compuserve has a special interest group under the Great Outdoors Forum, and a new comer is America Online. America Online is willing to send you software free of charge, and will give you five (5) hours of free access in your first month. They will send you free software, and the service is compatible for both Macintosh and PC compatible computers. They also have access (as does Compuserve) to Internet e-mail. To receive the free software you can call America Online directly at 1-800-522-6364, ext. 6212 (weekdays noon to 11pm, weekends noon to 9pm) It is important to mention the extension since this tells America Online that you are joining because of the bicycling aspect of the bulletin board.

## HEY KIDS

by Diane Baker

This will be a regular section in the Rambler just for you. I hope to be able to bring you useful information regarding your bike and the rides planned for you this summer. I am having trouble coming up with a name for our section.

I know a lot of you are very creative and you can send your best ideas in on the form below. I also need to know how many of you are interested in weekly bike rides so I can set up this program. There will be riding sessions that will teach you how to ride safely. After everyone has completed the program we are ready for other rides. On the form below let me know. Friends are also welcome but they will be required to go through the safety program just like you. If they are interested be sure to include them on the form.

Please have your Mom or Dad bring this form to the next meeting on April 5th. I'm looking forward to this, hope you are too.

Name	Age	Kid's Section Title

## The Eighth Annual Frankenmuth Fahrrad Tour

will be held Sunday, May 16. The Fahrrad (fahrrad is German for bicycle) will feature three routes of 25, 50 or 100 Kilometers, rest stops, sag wagon service, bathrooms, maps and shower facilities. Rest stops will feature Home Made Cookies again this year. There will be fruit for the health conscious, as well as drinks. New this year is a light lunch for the 100K riders.

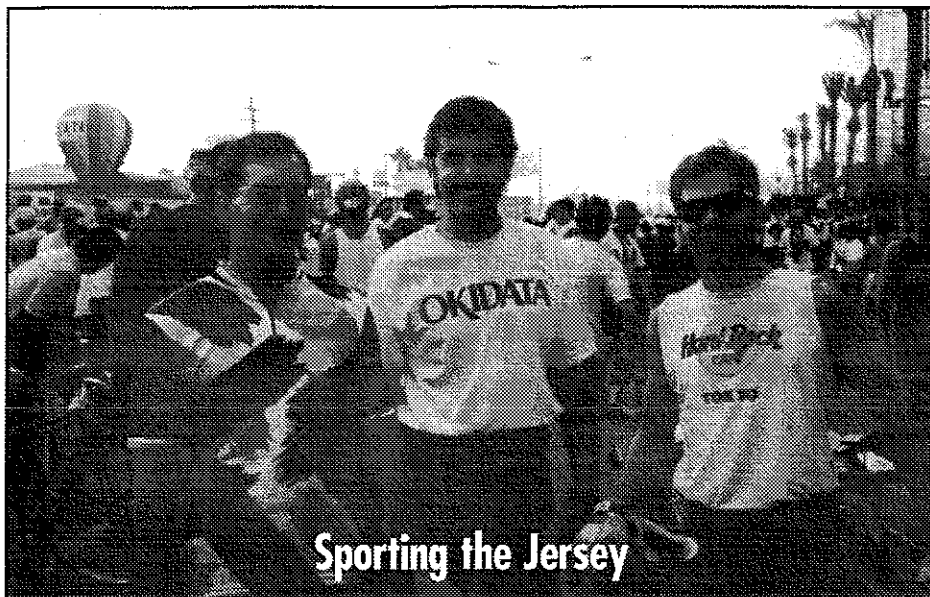
The ride starts and ends at Frankenmuth High School. Registration opens at 7am. Metric century riders should be on the road by 8am. Other riders may start any time between 7 and when registration closes at 10am.

A fahrrad T-shirt and ride patch are available. Shirts and patches must be pre-ordered. One dollar for each rider of the 1993 Fahrrad will

be donated to the League of Michigan Bicyclists to promote bicycling in Michigan. All other proceeds will be used for youth projects of the Optimist Club of Frankenmuth. These include bicycle safety classes in elementary schools during bicycle safety week, free bicycle safety inspection and repairs, bicycle rodeo and other youth oriented activities.

Frankenmuth is Michigan's most visited tourist attraction so there's lots to do before and after the ride. You may want to bring those non-riding members of the family along, they will enjoy the town while you are on the tour. Afterward, you can all enjoy a family meal at one of Frankenmuth's world famous restaurants.

To receive registration information send a self addressed stamped envelope to Frankenmuth Fahrrad Tour, 480 Franconian Drive, Frankenmuth, MI 48734.



**Sporting the Jersey**

It is nice to see our club jersey getting so much exposure. In the February 1993 issue of the Okidata News, John Kamm, sporting our club jersey was featured in an article about the annual Rosarito-to Ensanada Fun ride.

"In late September, Nelson Murga and David Kamm from OATC along with David's brother John, made a 9-hour road trip from San Jose, CA, to Rosarito, Mexico to ride their bicycles in the annual Rosarito-to Ensanada Fun Ride. It was a warm and clear day, making the 50-mile ride down the Mexican coast really beautiful. The ride, which had more than 8,000 participants, was sponsored by the Corona Brewery and ended with a finish line fiesta of food and drink."

## ISTEA Transportation Conference

ISTEA (Intermodal Surface Transportation Efficiency Act, 1991) will be a conference on March 27, 1993 9:00 am - 4:30 pm at the Lansing Community College Old Central Building Room 196. Now is the time for cyclists to make our transportation and cycling needs known. Many of our members will be attending the conference including: Bill Duemling, Doug MacDermaid, Laurie Brickner, Gary Haelewyn, and Warren Berthelsen.

One of the subjects covered will be problem road sections. Is there a bit of road which is a real bottleneck for you as a cyclist? If there are any improvements which would improve your ability to become a cycling commuter? If so contact one of the members listed above to voice your opinion. Remember if we don't speak up for ourselves as cyclists; who will?

If you would like to attend the conference, contact Bill or Doug for an application, but hurry - deadline for the application is March 17th. A free lunch is included for all pre-registrants.

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### Problem Road Sections

County \_\_\_\_\_ Township \_\_\_\_\_ Road Name \_\_\_\_\_ Route# \_\_\_\_\_

Precise Location \_\_\_\_\_

Length \_\_\_\_\_

Description of Problem \_\_\_\_\_

Describe Effect/Danger to Bicyclists \_\_\_\_\_

Suggested Solution \_\_\_\_\_

# Bylaws of the Fraternal Order of Clinton River Riders

## ARTICLE I

### Name and Address

The name of this organization shall be the Fraternal Order of Clinton River Riders. The address shall be 36558 Moravian Drive, Mount Clemens, Michigan 48043. The mailing address shall be P.O. Box 1435 Sterling Heights, Michigan 48311-1435

## ARTICLE II

### Colors

The official colors shall be gray and red.

## ARTICLE III

### Fiscal Year

The fiscal year of this organization shall be from September 1st to August 31st of the following year.

## ARTICLE IV

### Members

#### Section 1: Qualifications of Membership

Anyone to or over the age of 18 years shall be entitled to an individual membership in this organization upon receipt of the annual dues.

#### Section 2:

Any family of two or more members shall be entitled to a family membership in this organization. Those who are under the age of 18 years within the family must be accompanied by an adult member of that family at all activities, unless a signed, written release is received.

#### Section 3: Rights of Membership

All current dues paying members at or over the age of 18 years are entitled to full voting rights. Members must be present to vote.

#### Section 4: Membership Dues

The amount of the annual membership dues shall be determined by the elected officers and shall be due before the expiration of the calendar year. Should any dues remain unpaid for a period of 60 days or more beyond the start of the new calendar year, membership expires.

#### Section 5: Duties of Members

Duties of members can be determined by the Executive Board or their representatives, pending, general acceptance by the membership.

## ARTICLE V

### Meetings

#### Section 1: Regular Meetings

Regular meetings shall be held once a month at a place designated by the executive board.

#### Section 2: Special Meetings

Special meetings, when needed, may be called by the president, or by a petition representing no less than 1/3 rd of the membership

#### Section 3: Conduct of Meetings

Meetings shall be conducted according to Roberts Rules Of Order.

#### Section 4: Voting at Meetings

A vote of the membership at meetings shall be required for: All expenditures outside of routine operating expenses; All amendments and additions to the Bylaws; Election of the Executive Board.

## ARTICLE VI

### Election and Duties of the Executive Board

#### Section 1: Executive Board

The executive board of this organization shall be elected by the general membership and will be responsible for the proper governing of the organization. These elected officials are to be the President, Ride Director, Secretary, Treasurer and Newsletter Editor. No one may be elected to more than one official position.

#### Section 2: Nomination of Executive Board

At the first meeting of the new calendar year, an election committee of two members shall be approved by the membership to oversee the election proceedings. These members will be ineligible for any seat on the Executive Board.

#### Section 3: Eligibility for Election

To be eligible for election, the following criteria must be met: Current dues paying member; Minimum one years membership; 18 years of age or older.

#### Section 4: Election of Executive Board

At the meeting following the nominations, the election of the executive board will take place. The term of office will begin at the next meeting after elections are run until the next election. Should any member of the Executive Board be unable to fulfill his or her duties, a special meeting of the Executive Board will be called to address the issue.

#### Section 5: Duties of the Executive Board

*The President* has the responsibility to preside over all meetings and to regulate all club activities unless such responsibility is delegated to another member. He is to appoint all committee chairmen necessary to fulfill the goals of the organization.

*The Ride Director* has the responsibility of assisting the president in the execution of his duties and assume those duties, if the president is unable to perform them. He also has the responsibility of administering the activities schedule.

*The Secretary* is responsible for maintaining the minutes of every meeting and an up to date schedule of all activities, dates, times and such information pertinent to the matters of this organization

*The Treasurer* has the responsibility for maintaining an accurate roll of the members and to collect dues that result from such membership. He is also responsible for paying the monthly costs that this organization shall incur as a part of it's normal operation and to maintain a ledger of such, as well as all necessary tax reporting.

# The Clinton River Riders



## RIDE DECORUM Rules of the Road

## RIDING RECOMMENDATIONS

### I. General

- A. Riders must obey all traffic laws just as a motor vehicle
- B. The use of a "hard shell" helmet is recommended strongly
- C. No headphones are allowed

### II. Riding in an organized group:

#### A. Ride leader responsibilities:

- 1. Explain the rules of the ride, pace, and distance
- 2. Collect signatures from all riders on the release form
- 3. Maintain the advertised pace
- 4. Appoint a co-leader or get volunteers to help
- 5. Stop the ride for any breakdown
- 6. Ask disruptive riders to leave the ride

#### B. Rider's Responsibilities:

- 1. Obey and cooperate with the ride leader
- 2. Notify the ride leader if leaving the ride
- 3. Notify the ride leader if having difficulty (this can be done by relaying a message)
- 4. Obey the rules and courtesies of group riding
- 5. Ride in a safe and responsible manner
- 6. Leave rest stops with the group
- 7. Know his/her riding capabilities

#### C. Group Responsibilities:

- 1. Ride as far to the right as possible
- 2. Use no more than one half the lane
- 3. A maximum of two abreast is allowed on clear roads
- 4. Make changes in speed and direction in a predictable manner

#### D. Warnings:

- 1. Use warnings only when following riders need to take evasive action
- 2. Never use "Clear" at an intersection and never assume that an intersection is clear.
- 3. Over used warnings are generally ignored and, therefore, of little use

#### E. Dealing with Motor Vehicle Traffic:

- 1. When "Car Back" is heard, merge to the right
- 2. Do not signal a motor vehicle to pass
- 3. Watch for opening doors when passing parked vehicles
- 4. Do not make obscene or unfriendly gestures towards motorists

### 1. Group Riding Techniques:

- A. The single pace line consists of cyclists riding directly behind one another in order to take advantage of a draft
- B. Each rider should take a turn at the lead (pull). Slower riders take shorter pulls, stronger riders longer pulls
- C. When finished with the pull, check for overtaking traffic, signal to the rider directly behind you, move out to the left and drop back to the rear of the group. Stronger riders may choose to drop into a hole in the middle then at the back.

#### D. The double pace line consists of 2 single pacelines side by side

- 1. At the end of a pull, the rider on the left moves to the left to fall back. The rider on the right drops back to the right. The pace line will pass between the two leaders as they drop back at the same time. This should be done quickly so as to avoid motor traffic
- 2. When merging to a single file line, the rider to the left will merge in front of the rider immediately to his/her right.
- 3. The double pace line should not be used on rough or heavily travelled roads. A single pace line is recommended in these situations.

#### E. Hazard Warnings—What to call and when:

- 1. "Bump," "hole," "gravel," "glass," etc. should be used only when there is a clear danger to the rider following you. When numerous holes, bumps, etc. exist on the road, then "rough road" is sufficient.
- 2. Any rider calling a hazard must identify the hazard and where it is located

#### F. Motion Warnings:

- 1. "Slowing," "Braking," "right or left turn," " " etc. should be used when the change in motion is substantial.
- 2. Snapping the brake levers may be used in place of "slowing" or "braking" in non emergency situations.

#### G. Other Warnings:

- 1. "Car back," "dog right or left," etc. should be used only when the object represents a clear hazard to other riders.
- 2. "Car back" should only be used when a motor vehicle approaching from the rear will have difficulty passing. The purpose is to warn the riders in the front to merge. On heavily traveled roads a single line should be used, and each rider should assume the cars will be passing.

# 8 Weeks to A Terrific Tour

by Bill Strickland

By following our customized training schedules, you'll gain the cycling fitness you need to make the most of any tour. We based our mileage and training recommendations on the typical demands of 3 of the most common trips: 3 day weekends, and 5 day road and off road excursions. With minor changes, you can adapt these schedules to prepare for a broad range of shorter or longer tours - even for a one day event.

Our 8 week program will increase your strength and endurance while preparing your body for consecutive days in the saddle. The plan steadily builds your mileage base and helps you peak for the tour. With this arrangement you won't duplicate the exact mileage of your big trip beforehand (Which might spoil your feeling of accomplishment), but you'll become confident of your ability to ride every mile and still have enough energy to enjoy out of saddle time.

## 11 Training Tips

Think of these schedules as suggestions for fitting the required mileage into your week. You may need Thursday off instead of Friday. You may be rained (or "familiar") out of certain rides. Whatever schedule shuffling you perform is fine as long as you achieve the weekly 10% mileage increase and follow these guidelines:

- Each week, it's important to do 2 endurance rides at your typical touring pace, and 1 or 2 shorter, high-intensity workouts to improve strength and riding skill. These might include hard charges up hills, sprints, or time trials. (On the schedules, "pace" means riding at the speed you'll maintain on your trip. "Brisk" is the high intensity tempo.)

- One day each week should be reserved for an extra long ride to accustom you to extended periods in the saddle. This is also your chance to duplicate your on-bike eating schedule. Consume the

type of energy food and drink that you'll carry or be served during the tour. Try to schedule this longer day for Saturday (or Friday) so that if you miss it you have another day in reserve.

- On long trips, it's more important than ever to spin the cranks rather than push them. So practice pedaling briskly in a moderate gear. Specifically, select a chainring/cog combination that allows you to maintain a cadence of 80-90 revolutions per minute. For most riders this will be a gear of 60-64 inches (42x18, 40x17, 39x17). Spinning like this conserves energy and lessens the chance of muscle and joint injury from daily riding.

- Monday is an optional day off. You may wish to pedal a few miles at a pace slower than your typical speed to help recover from your hard weekend. Always take at least one day off per week.

- After week 4, begin simulating the specific conditions of your tour. For instance, ride with loaded panniers on your long day. This will build strength and familiarize you with the idiosyncrasies of handling the weight. Or ride more hills if you'll be touring rolling terrain. Try an early-morning ride to see how you respond.

This simulation is especially important for mountain bike tours. You may not be able to scale snow covered Himalayan slopes in your neighborhood, but everyone can find a few hills. Also find out what technical challenges the tour might hold, and locate similar ones on your daily rides - or build a "skills garden" in your yard that re-creates these challenges. Spend 10 minutes in the garden hopping logs or making tight turns before or after every ride.

- It's okay to mix mountain biking into a road schedule for occasional variety. Just remember that your don't need to ride the same distance. Most roadies need only log half as many miles (or less) on a mountain bike to get a

comparable workout.

- Conversely, it's also a good idea to slip one road ride per week into your mountain bike training. Ride for speed and practice a smooth spin. It will also give your upper body a rest. Even pros such as Ned Overend and John Tomac do it.

- Fiddle with our weekly mileage recommendations if you're training for a slightly shorter or longer tour. Just be sure to keep your weekly increase to about 10%, and to follow our pattern of 2 endurance and 2 brisk rides per week.

- To create a more precise schedule for longer tours (either in miles or days), set your mileage for week 8 at 10% less than you'll ride the entire trip. (example: For a 200-mile tour, the week 8 mileage would be 180, or 200 minus 20.) If your cycling vacation will be longer than 5 days, use the total mileage of the trip's first week minus 10% as your week 8 goal. Then calculate each weekly mileage goal by subtracting 10%. For the 200-mile tour, week 7 would be 162 miles (180 minus 18), and so on.

- To create a schedule for one-day events, multiply the length of the event by 0.7. This indicates the mileage you should be riding on your longest training day during week 8. Then calculate that week's total mileage by dividing this number by 0.4. (Example: For a 125-mile event, ride 88 miles on the long day of week 8th total mileage for the week would be 220.) When you have this figure, set the 7 other weekly goals as discussed in the previous tip. Do the event in Week 9, making sure to train only sparingly or rest before the big ride.

- Finally, don't forget about fun. If you arrive at your tour in angst because you didn't meet your final week mileage goal, you're missing the point.

*Bicycling Magazine March 1993*

...see chart on last page



## New Feature

Each month we will be featuring a recipe, some very healthy and good for us, some not so healthy and good for us. I thought it appropriate that the first recipe be for athletes (especially cyclists), here is a tasty homemade version of the energy bars. They are called Energy Balls and are the size of a golf ball.

### Energy Ball Ingredients:

24 dried figs or substitute 1 Cup of raisins (leave whole if using raisins)  
 1/3 Cup honey  
 1/4 Cup coconut (optional)  
 4 tbsp orange juice, 1 tsp lemon juice  
 2 1/2 Cup unbleached flour  
 1/2 tsp baking soda  
 1/4 tsp baking powder  
 1 tbsp canola oil  
 1/4 Cup dark corn syrup  
 2 egg whites & 1 Cup oat bran

Add figs, honey, orange juice, and 2 tbsp. lemon juice to food processor or blender and mix on "chop" setting until fig bits are finely cut. If using raisins, mix honey, orange juice, and 2 tbsp lemon juice, mix by hand. Set aside.

Put all other ingredients (except oat bran) in mixing bowl. Beat with electric mixer for 3-4 minutes at medium speed. Add fig mixture and beat until everything blends. Roll 20-24 balls and coat with oat bran poured on a plate. Place balls on pan and bake at 350 degrees for 10 minutes, or until they are warm and a bit puffy. Place in refrigerator to harden. For crunchier texture, bake a few minutes longer, or until dough is thoroughly cooked.

Note: These have a high fiber content, so overindulging may cause an upset stomach. To maintain freshness, keep refrigerated. These Energy Balls travel best in sandwich bags. Approximately 200 calories for each energy ball, 45 grams carbohydrate, 1 gram fat, and 5 grams protein.

These were baked and tested by my husband John. The day after he made them he tested them out on a run.

3-DAY WEEKEND TOUR (115 miles)								
Week	M	T	W	T	F	S	S	TOTAL
	Option	Brisk	Pace	Brisk	Off	Pace	Pace	
1	-	9	9	9	0	30	18	75
2	-	10	10	10	0	32	20	82
3	-	11	11	11	0	36	21	90
4	-	12	12	12	0	39	24	99
5	-	13	13	13	0	44	26	109
6	-	14	14	14	0	49	29	120
7	-	16	16	16	0	52	32	132
8	10 easy	10	10	Off	TOUR	TOUR	TOUR	145

3-DAY OFF-ROAD TOUR (100 miles)								
Week	M	T	W	T	F	S	S	TOTAL
	Option	Brisk	Road	Brisk	Off	Pace	Pace	
1	-	6	15	3	0	14	8	46
2	-	7	16	4	0	15	9	51
3	-	8	16	5	0	17	10	56
4	-	9	17	6	0	19	11	62
5	-	10	17	7	0	21	13	68
6	-	10	20	8	0	23	14	75
7	-	10	23	9	0	25	16	83
8	-	10	26	10	0	27	18	91

3-DAY ROAD TOUR (180 miles)								
Week	M	T	W	T	F	S	S	TOTAL
	Option	Brisk	Pace	Brisk	Off	Pace	Pace	
1	-	11	11	11	0	36	21	90
2	-	12	12	12	0	39	24	99
3	-	13	13	13	0	44	26	109
4	-	14	14	14	0	49	29	120
5	-	16	16	16	0	53	31	132
6	-	17	17	17	0	59	35	145
7	-	19	19	19	0	64	38	159
8	-	21	21	21	0	70	42	175

## Tandem Clinic

Sue Pavlat will be putting on a tandem clinic April 18 from 10am - 2pm allowing anyone the opportunity to experience a tandem. She is requesting the help of able captains and stokers. There are also plans for an official early morning ride before beginning the clinic. Contact Sue.



## Wanted

Two Raleigh Gran Sport touring bikes (Model DL 160). Need one 20 1/2" and one 24 1/2" frame. This model was painted light blue with white bands, and was built in the mid 1970's. Herb Pollock, Benton Harbor MI. (616) 925-2882.

## Help Wanted

Sue Pavlat is seeking help with Super Sale March 26-28. Call Sue Pavlat at 792-4040.

## Newsletter Deadline

The deadline for the next newsletter is Monday, April 12. Please bring items for the next newsletter to the meeting or contact the editors.

To schedule events for the ride calendar, please call the ride director.

