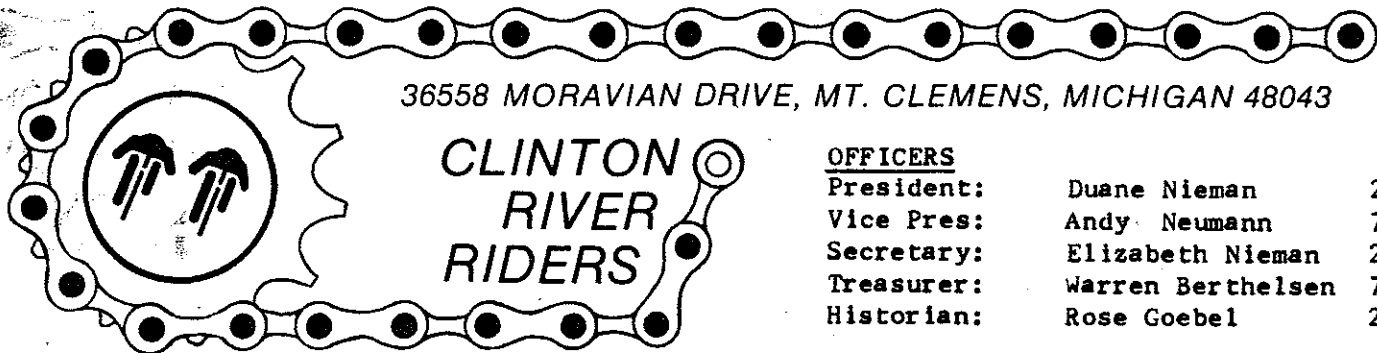


APRIL 1987



36558 MORAVIAN DRIVE, MT. CLEMENS, MICHIGAN 48043

CLINTON RIVER RIDERS

OFFICERS

President:	Duane Nieman	263-4234
Vice Pres:	Andy Neumann	756-3369
Secretary:	Elizabeth Nieman	263-4234
Treasurer:	Warren Berthelsen	781-6706
Historian:	Rose Goebel	286-0384

NEXT MEETING - Monday, May 4, 7:00 p.m. at Fraser Public Library, 14 Mile Rd., west of Utica Rd. There will be a continuation of the previous meeting, dispersing of club funds, and other business that was not discussed due to time limitation.

CLUB JERSEYS - Any club member who wishes to purchase a club jersey, for \$15.00, may make arrangements by calling Denise Cryderman at 293-0162 or Bob Kosen at 774-9855, or attend any monthly meeting.

BLUE WATER RAMBLE - John Edry has started working on this years BWR scheduled for Sunday, October 4. He has appointed committee heads for the BWR. We are now recruiting workers to sign up for these committees. We need every ones cooperation to make this a success. So please, lend a helping hand, and call John at 588-7877

It is also time for you club members to start your doodling to come up with a patch and T-shirt design for this years BWR. We will be holding a vote this summer to pick this years design from your sketches.

DAVE HECK UPDATE - As you know Race Across America (RAAM) begins for Dave on June 20. His present training schedule starts at 4:00 a.m. each day, when he awakes and rides his wind trainer until time to get ready for work. After work he rides his bike to Stony Creek, where he will ride laps from 4:00 p.m. till 8:00 p.m. each day. (Anyone wishing to keep him company at Stony Creek is more than welcome.) At this time he has been averaging over 700 miles per week. According to Heidi, Dave's wonderful wife, he consumes approximately 5000 calories per day and is still losing weight.

CLUB RIDE SCHEDULE

Sunday April 12, 1987, Bob Crowley will be leading a ride from Windsor, Ontario to Amherstburg. Approximately 40 miles. This will be a EASY RIDE, bring the buggers and family. Meet at the University Mall, foot of the Ambassador Bridge in Windsor and leave at 9:30 a.m. Anyone wishing to ride a A pace to join the group in Windsor, meet Andy Neumann at Macomb County Community College, South Campus, north east corner parking lot and leave at 7:00 a.m. sharp. There will be a brunch stop at Duffy's, and then on to a tour of historic Fort Malden. It is advisable to bring cycle locks.

Saturday April 18, - FOUR COUNTY TOUR - Ride will be led by Elizabeth Nieman. This will be a 40 mile ride at a 15 to 17 mph. pace, leaving Romeo High School, 32 and Van Dyke at 8:00 a.m.

Sunday April 19, EASTER SUNDAY RIDE - Ride will be led by Ted Gondert. This will be a 35 to 40 mile ride at 15 to 17 mph.

Sunday April 19, EASTER SUNDAY RIDE - Ride will be led by Ted Gondert. This will be a 35 to 40 mile ride at 15 to 17 mph. pace, leaving from Utica High School, 21 and Shelby Rd. at 12:00 noon. There will be a short rest stop, so everyone may join their families for Easter Dinner.

Saturday April 25, - Ride will be led by Elizabeth Nieman - this will be a 40 mile ride at a 15 to 17 mph. pace, leaving Utica High School, 21 and Shelby Road at 8:00 a.m.

Sunday April 26 - A HECK OF A RIDE - Sponsored by the Clinton River Riders - for club member Dave Heck. This will be a 40 mile ride leaving Romeo High School at 8:00 a.m., with a rest stop serving light refreshments and a limited sag service. Fee will be \$8.00 for early registration before April 20, \$10.00 the day of the ride. CLUB MEMBERS please pre-register if you plan on riding.

NOTE: Those who volunteered and anyone wishing to help with registration or the rest stop, please contact Elizabeth Nieman 263-4234.

ATTENTION ALL COOKIE MAKERS: Please have your cookies at Pavlat's by April 24 & 25. Jerry say's "please put a loose fitting top on them, I get hungry during the day." He is only kidding??

Saturday May 2, - LAPEER METRIC CENTURY - Ride will be led by Elizabeth Nieman, this will be approximately 60 mile ride at a 15 to 17 mph. pace, leaving 32 Mile Rd. and Rochester Rd. at 8:00 a.m. Breakfast stop will be in Oxford.

Sunday May 3, - Those of you who will not be riding the Metro Grand Spring Tour, Duane Nieman will be leading a 100 mile ride at a 15 to 17 mph. pace, leaving Utica High School, 21 Mile Rd. and Shelby Rd. at 7:00 a.m. There will be a breakfast stop.

Sunday May 10, - JERRY AND SUE PAVLATS ANNUAL CASTLE RIDE - Ride will be led by Jerry & Sue Pavlat. This will be approximately a 40 mile ride, at an EASY PACE of 13 to 16 mph., leaving from Pavlat's at 7:00 a.m. The terrain goes from flat to rolling. There will not be a breakfast stop.

WEEKLY RECURRING RIDES

Thursdays - 6:30 p.m.- Meet your ride leader John Edry at the bank at 17 Mile and Garfield for an A pace ride to Stony Creek and back. Approximately 30 miles.

Fridays - 6:00 p.m.- Meet your ride leader Sandra Studebaker in the northeast corner of MCCC south campus parking lot for a 15 to 17 mph. pace to Grosse Pointe and back. The first of the Friday rides will take place on April 17.

WOLVERINES SPORT CLUB RECURRING RIDES

Wednesday - 7:00 p.m. - 11 Mile Rd. and Main in Royal Oak in the library parking lot. A 25 mile ride at a moderate pace.

Saturday - 9:00 a.m. - Meet at Beverly and Southfield for 60+ mile ride, very hilly (Wabeek area), at a hard pace.

TOURS SPONSORED BY OTHER CLUBS

Sunday - May 3 - METRO GRAND SPRING TOUR

Location: Willow Metro Park, Flat Rock

Length of Rides: 20, 41, 67, & 105 miles

Club members that will be riding, please meet at the registration desk at 8:00 a.m.

Saturday - May 30 - IMLAY CITY BIATHLONS

Location: Fairgrounds, Imlay City

Length of Race: Long course - 5k Run - 30mi Bike - 5k Run

Short course - 1mi Run - 10mi Bike - 1mi Run

Entry Deadline, May 23, Limited entry.

The long course may be a team event: one runs--one rides, all male, all female, or mixed. Our club member Curt Best will be participating in this event. Club members interested, please call Bob Goebel 286-0384.

M.S. RIDE- JUNE 13 and 14

Andy Neumann, our Vice President is one of the coordinators of this event and would like some volunteers to help lead this ride, or to put out route markings. If you can assist him in any way please call Andy at 756-3369.

Applications will soon be available.

100,000 METRE T SHIRT RIDE SAT. JUNE 13

Tour rural Clinton, Ionia, and Eaton Counties. Sponsored by, The Tri County Bicycle Association.

MICHIGAN 24 HOUR CHALLENGE - June 20-21 Hosted by the Rapid Wheelmen Bicycle Club, Grand Rapids Michigan. This will test your endurance and determination.

WOMEN ON WHEELS - JULY 25 - Sponsored by the Tri-County Bicycle Association, Mason, Michigan. There will be a 15 mile loop and two 30 mile loops.

PAST EVENTS AND RIDES

1ST ANNUAL TRI-COUNTY BIKE FEAST - March 7 - Approximately 30 members of the Clinton River Riders joined the Tri-County Bike Clubs for their first annual feast, in which every one had a good time. A 50/50 raffle was held for Dave Heck and all three clubs made donations to support him on RAAM.

THE FIRST TIME - by Mike Holden

Sunday, March 8, dawned warm, unseasonably warm and sunny. It was a perfect day for a bike ride. 36 others thought the same. As it was my first ride with the club I was unsure of what to expect, but smiling faces and hellos soon put me at ease.

After posing for group pictures and the non-traditional 1st fall by Andy Neumann, off we went, two by two, at a nice easy pace, quick enough to be interesting yet easy enough to allow conversation in which I was able to meet other members and make friends.

Soon we had arrived at our breakfast stop. As the only table for 37 was occupied we were seated in smaller groups. After breakfast we split into three groups. The racers raced off, a group of endurance riders decided to add a spin around Stony Creek, and the majority of us simply returned to the starting point.

The friendship and camaraderie is what really sets off a club ride. It was the most fun I ever had on a bicycle.

THE WEARING OF THE GREEN - ST. PATRICKS DAY RIDE - by Mike Holden

What a change! Last week 70 degrees. this morning 17 degrees at Metro. What the heck, last week was so much fun so off I go. Arrive at 8:30 for the 9:00 ride and no one in sight, although I think I saw Teddy riding down the road as I came in. I ran over to Hardee's for a coffee and then back to Pavlat's at 8:45 - NO ONE HERE - WAIT! THERE'S TEDDY! RIDING THROUGH THE SNOW. We talked about riding to Algonac to see the ice if no one else shows up. 9:00 and here comes the Nieman's tandem and Patrick O'Moorman our ride leader. "Get that thing off the back of your car if your going to ride it, he says." That's it, committed, I remove the bike and get ready and off we go. Our ride takes us down North River Rd., so I guess I'm now officially a Clinton River Rider. Looping back into Mt. Clemens for breakfast we find that a table for 5 is available; so we won't be split into groups this time. Green eggs and ham is suggested as the appropriate breakfast, but it wasn't on the menu: German apple pancakes are as well as "Mama Mia" omelette. The return trip was relatively uneventful but the result was the same as last week - A BIG SMILE.

IN SEARCH OF SPRING - by Denise Cryderman

Okay, so I volunteered to help Rose by submitting an article or two, here and there. So the time is here, and as usual I have bitten off more than I should have at one time. But who needs sleep anyway?

On Sunday, March 22, our club went in search of spring. Thanks to the efforts of Sandra Stude/baker (still Cryderman to some of us), we were led on a very successful and pleasant ride to all. The three different options for each of the A, B, and C riders went well. The A pace riders (A stands for animal), started at Utica High School for a brisk pace to Romeo High School, approximately 12 miles away. The A group was given only 45 minutes to arrive for a 9:00 departure from Romeo High School with the B pace riders (B standing for basically better bikers). But as usual, mother nature had something to say about that. She laughed at them and blew her brisk northeast wind into their faces. So the anticipated arrival time was delayed a good 15 minutes.

So now the group increased to about 30 riders. This entourage was led by Sandra, who compelled her daughter, namely myself into co-leading the ride. Of course her excuse was she needed a computer to regulate the speed at which we were riding. Who believes that? The group left at a strict B pace out of Romeo towards Armada, where we knew our breakfast awaited us.

Upon arriving in Armada we were greeted by our third group of riders soon to join us, namely our C riders (C stands for competent and courageous). Also I have to mention our own Bob Goebel on crutches, supported by his loving wife, Rose, was there (How's that Rose?) This was Bob's big day out after his ordeal in the hospital. Everyone was glad to see him and as usual he was all smiles.

Breakfast was the next item on the agenda and into Achatz's Restaurant we trooped. After every belly was filled, and pancakes slammed down, off to the syrup farm we rode.

There sure is something nice about a C pace ride. All of a sudden you notice scenery around you, with flowers and trees, and not just blurps. Also you can see that the rider in front of you has a new blue bike instead of just noticing his new Specialized tire. Conversation just seems to flow so much easier when you have adequate air intake to breathe and talk at the same time.

I must compliment the club on their cooperation to stay together as a group in a uniform double pace line. We actually looked professional and organized.

We arrived at the McKiernam Syrup Farm pleasantly greeted by Mrs. McKiernam. The group was given a personalized tour of the farm and learned that syrup just doesn't fall into buckets attached to trees anymore. But rather vacuumed out of the trees by way of tubing attached to a large electrical powered machine. After the tour some club members purchased small bottles of syrup that was produced there on the farm.

(over)

We once again mounted our bikes and headed back to Armada to drop off our C group riders, then back to Romeo to return our B group riders and then, the A riders were on their own back to their starting point.

The weather had warmed up considerably, the sun was shining brightly, spirits were high and a good time was had by all. Our tremendous turnout of approximately 40 people was great. We hope to see all our members back on the road again and encourage more riders to join us.

BELLE ISLE FLOWER RIDE -by Denise Cryderman

On Sunday, March 29, our club rode to Belle Isle to tour the aquarian and the flower house. We left Macomb County Community College at 9:30 a.m. with a group of about 20 riders, with Dave and Pat Gaskell as our tour directors. The morning started out with a refreshingly brisk atmosphere and everyone seemed to dress as though snow was expected. But to our surprise as the morning went on the temperature increased beyond what the weatherman had predicted, and we eventually shed our outer layers.

The flower house had exceptionally beautiful displays of flowers, ferns, plants, and trees. This destination was picked, I'm sure, especially for those for those A+ riders so the rest of us could educate them on these new marvelous phenomenons.

Next door was the aquarium containing many types of sea creatures. Upon passing the tank of electric eels, at 12:25 p.m., we noticed the next feeding was in five minutes, so we waited. The eels were fed worms attached to a metal rod. Every time the eel grabbed a worm, the eels emitted an electrical shock to stun their victims. (Maybe Ray D. is an eel, he seems to be all charged up all the time.)

After the aquarium we left Belle Isle headed to where some of us thought was home. But some of the group decided to go to Greek Town for pizza and the rest of us decided to head for home. Sandra S. took charge of the homeward bound group and lead us to the ice cream store in Grosse Pointe. Nobody objected to ice cream. What sane bicyclist would? Once our ice cream was eaten, and pop and water was downed, we again hit the road. Sandra then led us safely back to the college completing our 50 mile ride.

EDITORS NOTE:

I would like to thank Denise Cryderman and Mike Holden for their contribution of their articles submitted for this months newsletter. THEY WERE GREAT ARTICLES.

I would more than welcome articles of interest you would like to share with our club members. Please call or send me a note:

Rose Goebel
39729 Aynesley
Mt. Clemens, MI 48044
286-0384

Here are two articles we found interesting in Bicycle USA News

Be an Official RAAM Observer

by Chris Grimm

Official observers are still needed for the 1987 Race Across America, starting June 20. If you are interested in being a part of the longest single-stage bicycle race in the world, this is the ideal way to be close to the action.

Official observers spend anywhere from a few hours in the West to a few days in the East at race time stations. They call in rider times, keep track of race progress, and generally hang-out, away from everyday pressures and ringing office telephones, while waiting for the next rider to pass.

My four days at Time Station #58 on the Blue Ridge Parkway during last year's RAAM were thoroughly exhilarating. I had the opportunity to make new friends among the many folks who passed through during those few days—the other official observers, the race staff and followers, other RAAM fans, and a touring bicyclist from Michigan who didn't even know about the race.

Of course, the highlight was seeing all of the competitors. Nothing can compare with the spectacle as Pete Penseyres entered the parkway in the middle of the night, closely followed by the ABC camera crew. The riders' crews were surprisingly diverse, from Elaine Mariolle's proud and extremely upbeat parents (you'd have thought that she was completing her first century ride!) to Matt Beerer's intense Rambo crew (saying "oh, we're definitely gonna win next year. Would've this year if we had a better start . . ."). And it was tough to head back home after being asked by one of the struggling riders to join his crew the rest of the way to Atlantic City.

I know that I will be back out there again this year. A new course has been laid out for RAAM '87. The 3,100 mile race will begin on June 20 in San Francisco and will travel east by way of Carson City, Provo, Denver, Kansas City, St. Louis, Indianapolis, Columbus, and Parkersburg, before finishing in Washington D.C. on or around June 28. Eighty-two time stations will cover the route, each being 30 to 50 miles apart.

For more information about being an official observer of the 1987 Race Across America, write: RAAM, 4790 Irvine Blvd. #105-111, Irvine, CA 92720.

The Century Challenge

Some 20,000 cyclists and 117 affiliated local clubs across the country took the Century Challenge last September to celebrate the long-standing National Century Month climax to a summer filled with cycling fun. The League of American Wheelmen was joined by *Bicycling* magazine in support of Century Month, providing certificates of achievement for riders as well as a specially-produced *Century Challenge Training Guide* that will assist riders in preparing for the 1987 event.

Almost eight out of ten riders rode the full 100-mile century distance, with the rest choosing one of the other three options—quarter century (25 miles), half century (50 miles), or metric century (62.5 miles).

Riders unable to fit a club-sponsored event into their schedule were encouraged to ride on their own or with friends and qualify for a certificate and *Training Guide* by writing us and describing their adventure. More than 400 riders did just that, logging in from 48 states and nine foreign countries!

More than nine out of 10 riders who completed a survey provided by *Bicycling* magazine indicated they are planning on doing another century ride in 1987. More than half of those who said they would do it again in 1987 admitted they'd try to cycle more miles prior to the century ride to be better prepared.

*Could this person
from Michigan be
OUR Bob Crowley?*