

**Next Meeting:** Monday, May 1, 7:00 p.m. at the Fraser Public Library, located on 14 Mile Road, west of Utica Road.

**New Club Members:** The Clinton River Riders would like to welcome Katie & Kirk Carolan, Gary L. Fraser, Fred Haass, Kenneth R. Rhoads, and Kevin Staub. We hope to see you on the coming events and that you have many enjoyable rides with the club.

**From the desk of the President:**

- Spring has sprung, and the riding season is upon us. Weekday evening rides will be starting soon. Remember that the best way to get in shape is to start early in the season and ride regularly, 2-3 times a week.
- I'd like to say a special thank you to Tom Dominick who made and donated the club gavel. It is made of laminated wood turned and polished, complete with a striker plate; it really draws attention. Thanks also to some other volunteers: Denise Cryderman & Bob Kosen for the club picnic and Bill Cleland & John Rabaut for co-chairing the B.W.R.
- Speaking of the B.W.R., start drawing out your ideas for patches, T-shirts, and jerseys.
- Club jerseys are in and will be available at meetings and most club rides.
- The Wallyball Party is scheduled for Mid-October following the B.W.R.
- Congratulations to John Rabaut on a well-done Newsletter.
- I look forward to riding with all of you - This year, I can say that!!

Happy Cycling,  
Mike

**Membership Directory:** Please make sure that your address and phone number are correct in the membership directory that appeared in last month's Newsletter. If a change needs to be made, call me (773-7903)! Corrections will be announced in next month's Newsletter. I am able to note one correction already. John Gentilia's phone no. should read 879-7660.

**Massage Therapy:** Thank you to Patricia Brehler and classmate for a wonderful demonstration on massage techniques. Those who attended the April meeting received helpful hints on massage and what happens to muscles during exercise. They gave interesting examples of how a person can get rid of aches and pains by him or herself as well as with a partner. Patti also distributed a directory of registered massage therapists. Never let it be said, however, that the president of this club would ask any of us to do something he wouldn't do. I, therefore, must commend Mike Holden for volunteering to be the practice patient for the demonstration. Those who were at the meeting saw how "unpleasant?" it was.

### **C.R.R. Weekly Recurring Rides**

**Tuesdays** - begin on April 25th.

6:00 p.m. - meet your ride leaders Warren Berthelsen or Ron Skiba at Pavlat's for a 25 mile ride to Metro Beach and back. This is an easy pace of 13-15 mph. A good ride for families.

**Thursdays** - the fast pace ride begins April 20th

6:00 p.m. - meet your ride leader Mike Boden for an 18 + mph. pace ride from the bank at 17 Mile and Garfield to Stony Creek and back. (Approximately 30 miles)

**Fridays** - we are still looking for a ride leader to lead this ride. Check the hotline for the date on which this ride will begin.

### **Club Events**

Please, call the club's hotline (792-4670) before a scheduled event for any last minute changes.

**Sunday, April 16** - Meet ride leaders Ray Dominick and Rich Dyer in the parking lot of Citizen's Bank at 21 Mile Rd. and Sugarbush in Chesterfield Twp. at 8:15. this will be a ride to Harsens Island and back (approx. 50-60 mi.) at a 17-18 m.p.h. pace. There will be a breakfast stop 20 miles out.

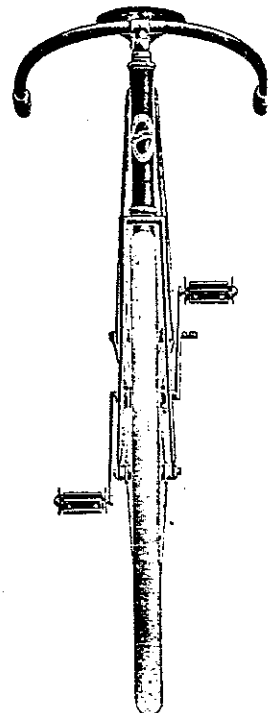
The Andy Neumann Saturday TOSRV Training Series.

**All rides now begin at 8:00 a.m.** at the Macomb County Community College South Campus (same corner, 12 Mile Rd. & Hayes, as the Friday night rides.) The pace will be 15-17 mph.

**April 15** - 55 miles

**April 22** - 65 miles

**May 6** - 100 miles



**Sunday, April 30** - Meet ride leader John Edry at the Michigan State Business Institute located on the Sout East corner of Square Lake Rd. & Crooks at 8:00 a.m. for a 60 mile ride at 15-17 mph. There will be a breakfast stop at 20 miles out.

**Saturday, May 6** - Maple City Metric. Meet ride leader Mike Holden at the registration area at 8:30 a.m.

**Sunday, May 7** - Metro Grand Spring Tour. Meet ride leader Mike Holden at the registration area at 8:30 a.m. at Willow Metro Park, Flat Rock, MI. for the 60 mile route

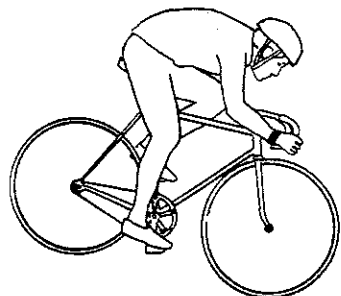
**Saturday, May 20** - Meet ride leader Rod Kowalski at 8:00 a.m. for a ride of approx. 40 miles from Algonac to St. Clair. The ride will leave from the Municipal Parking lot behind the Dairy Queen by the Walpole Island Ferry in Algonac. The pace will be 13-15 mph., and there will be a breakfast stop in St. Clair. If you have any questions, call Rod at 794-7185.

### Clinton River Time Trial Series 1989 - #1

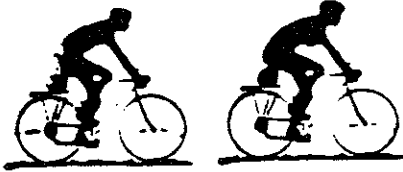
What: Individual Time Trial  
When: Sunday April 23, 1989  
Time: 8:00 a.m. pick up starting position and a demonstration of how to start.  
8:15 a.m. first rider starts.  
Location: Stony Creek boat launch. The starting line is just west of the boat launch.

#### Time Trial Rules:

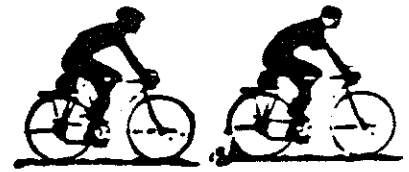
1. 2 laps (12.2 miles) of Stony Creek on the road, clockwise direction.
2. Starting at 8:15 a.m., riders will leave at one minute intervals.
3. Helmets are mandatory.
4. No drafting, pass on the left.
5. Stay in your lane (no crossing over lanes to cut curves), remaing close to the edge so as not to impede traffic flow.
6. Only club members are eligible for awards.



Note: This is a good chance to test yourself at different times during the season. Come out and ride against yourself. If you cannot ride, come out and cheer or help. For additional information, call David Heck (254-1868).



## Tours Sponsored By Other Clubs



**May 6** - Delta Dozen 12 hour Challenge. Send S.A.S.E. to Tri-City Cyclists P.O. Box 2156 Bay City, MI. 48707 or call (517) 832-9628 in the evening.

**May 6** - Maple City Metric. See Club Events for more information.

**May 7** - Metro Grand Spring Tour. Willow Metro Park, Flat Rock, MI. 20 to 105 mile routes available. Includes: Sag, maps, fanny patch, food stops, etc. See Club Events also.

**May 19, 20, 21** - Wolverine 200. A 24 hour bicycle marathon sponsored by Schwinn, the Wolverine Sport Club, and WRIF. The course is a 5 mile auto-free loop of Belle Isle.

**May 20** - Frankenmouth Fahrrad Tour.

**July 1** - Liberty Tour 1989, Bay City, MI. Sponsored by the Tri-City Cyclists and held in conjunction with the Bay City Fireworks Festival. Ride during the day and watch the fireworks at night. Routes of 38, 62, and 100 miles. Includes: sag, rest stops, embroidered patch, swimming, showers, and salad bar and beverage at the end. Contact Carol Eldridge P.O. Box 2156, Bay City MI. 48707 or phone (517) 684-7903

**July 9** - National Cherry Festival Bike Tour. Traverse City High School, Traverse City, MI. Begins 9:00 a.m. This is a scenic tour along the shores of the Old Mission Peninsula 22 and 35 mile routes.

**July 23** - (R.A.T.) Ride Around Torch - Elk Rapids, MI. 3 routes of 25, 62, and 100+ miles. Sponsored by the Cherry Capital Cycling Club. Adults \$8.00. Includes: Maps, food stops, repair and sag wagon, picnic on the beach. Registration forms will be available at meetings. This is a Popular Club weekend. More information will be coming soon.

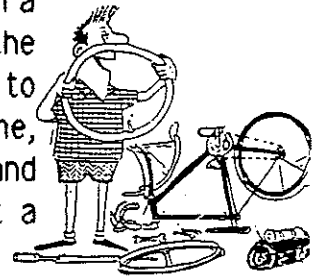
**June 16-19** - GEAR '89 (Great Eastern Rally) Saratoga, New York - Skidmore College GEARS are annual conventions for bicyclists, held by the League of American Wheelmen and hosted by local cycling clubs. For more information, send a S.A.S.E. to GEAR '89 Saratoga, P.O. Box 127 Albany, New York 12260

### Club Ramblings

Congratulations and best of luck to Bill Cleland and Toni Laemers, both club members, who have decided to get married in December of 1989. Rumor has it that the December date was made to save \$2.50 for next year's dues.

Crash Gordon - Just when Eric Berthelsen thought he had it wrapped, Jim Wright decided to make a race of it. Jim's bid for the award occurred when he tangled with a car last month. Unfortunately, Jim suffered a broken hand, and his bike was completely destroyed. The car, however, was not injured.

Flat Tires from Hades - The beginning of the outdoor season has already taken its toll on riders. This includes even our most seasoned riders. Teddy (I can fix it) Gondert is no exception. It seems Teddy got a flat on a Saturday ride and fixed it promptly. The problem, however, was that the tire blew again. This time Andy Neumann loaned him a fold up tire to continue to ride. Finished? Not yet! Again, after a short period of time, the fold up blew leaving the riders stranded while Nate Fitzpatrick and Eric Berthelsen rode to the nearest bike shop (wheel in hand) to get a replacement.



Funny? I thought so! At least until the Easter ride. On the way back from the Stony Creek, I fell victim to this menace. No problem, I thought - especially with Andy helping me. Once we got back on the road, however, the tire came off the rim. Deflating it and putting the tire back on was no problem. Unfortunately, while re-inflating the tire, we ripped the valve stem off in the pump. Since I didn't have another 700 x 20 tube, Andy loaned me a 700 x 24. To make a long story short, the tire left the rim 3 more times, but I made it back. Thanks to all those who had the patience to stick with me!

### On the Road with Duane and E.A.

Dear Club Members,

G'day from Western Australia. So much has happened since we last wrote. Our trip across the Nullarbar was easy compared to with our trip into Coober Pedy. The Nullarbar was green and lovely with a change of scenery and terrain almost every day. Water was a lot more plentiful and far more expensive. The places we expected to find grocery stores only had restaurants. They called themselves stores in their advertisements, but their selection was usually limited to the 5 basics: toothbrushes, razors, diapers, canned fruit, and spaghetti. That left us with only the restaurant for 3 meals a day. By the time we reached the Western Australia border, we were seriously considering taking a bus, not because we weren't enjoying it, but because the expense was ruining our budget.

While figuring out the cost of riding our bikes versus the cost of bus fare, our decision was made for us. Earlier in the day, we met some other people touring around Australia. When they came to our campsite, they

told us they were in a converted Greyhound bus and had plenty of room if we wanted to join them. When their son told us he was glad we were coming along so we could talk about America, and he could listen to our accents, we told him we didn't have an accent. It became a standing joke for the rest of our time together.

Our two day ride in their beautiful bus turned into almost a month as we explored the South East corner of W.A. We went scrub bashing in their 4WD Nissan and got more bumps and bruises in one week than we did in the previous 11 months. We saw some of the most beautiful white sand beaches in the world. I only hope our pictures do them justice even if you can't tell how soft they were to walk on (something like wrapping your feet in silk). Afterwards, we took to the water as we learned snorkeling & diving techniques. Not only are the birds colorful, but the fish are too. We had delicacies like blue speckled cod, green lipped abalony, and crabs for dinner. In some of the more primitive areas, where only one T.V. station is available (that's most of Australia), we would get videos to watch. But, after 1 or 2 nights, all the novelty of a T.V. wore off, and we were reminded why we haven't missed it these last 11 months. It wasn't hard to find things to do at night, and many evenings were spent comparing the U.S. to Australia in everything from the government to schools to welfare. It was quite a learning experience.

We got back on our bikes in Albany, and the minute we rode into town, we were interviewed by the local paper as part of a big promotion to make Albany a "Bicycle Friendly" city. They had just completed a system of bike paths throughout the city. We were invited to join the 15 km family fun ride which utilized these new paths. The whole thing was tied into the town festival so we stayed the weekend to enjoy the festivities (a small Peach Festival)

After leaving Albany, we entered what they call the "tall timbers" area of W.A. It is in some ways similar to home, and we spent most of our time in National forest land. There is a 650km walking path from the southern tip of W.A. to Perth. They are trying to upgrade it to a bike path (a lot of soft sandy spots). Every time we see a sign, we miss our off road bikes terribly. Instead of Oak, Maple, and Walnut, they have Jarra, Karri, and Tingle trees. The Karri trees shed their bark so they are nice and smooth, and it leaves a coloring like a tan and grey camouflage. The Tingle trees seem to be comparable to our California Red Woods, but they grow in 1/2 the time we are told.

We are currently just outside of Bunbury and about a week away from Perth. We are having so much fun, we are going to try to extend our visa once we arrive in Perth. That will decide how the rest of our journey will go. Until next time,

Happy Pedaling  
Duane & Elizabeth

P.S. Congratulations to all the new club officers. We wish you well and hope you enjoy the year ahead

**Editor's Post Script:** You - Yes, YOU the members make the newsletter what it is by contributing articles of interest. I need your input to keep it enjoyable and informative. So, drop me a line! Let me know what's going on! Send me anything that would be of interest to the club members (i.e. tour information, articles on rides you have attended, cartoons, etc.) I look forward to hearing from you. See you on the road.

John Rabaut  
23131 S. Rosedale Ct.  
St. Clair Shores, MI. 48080



