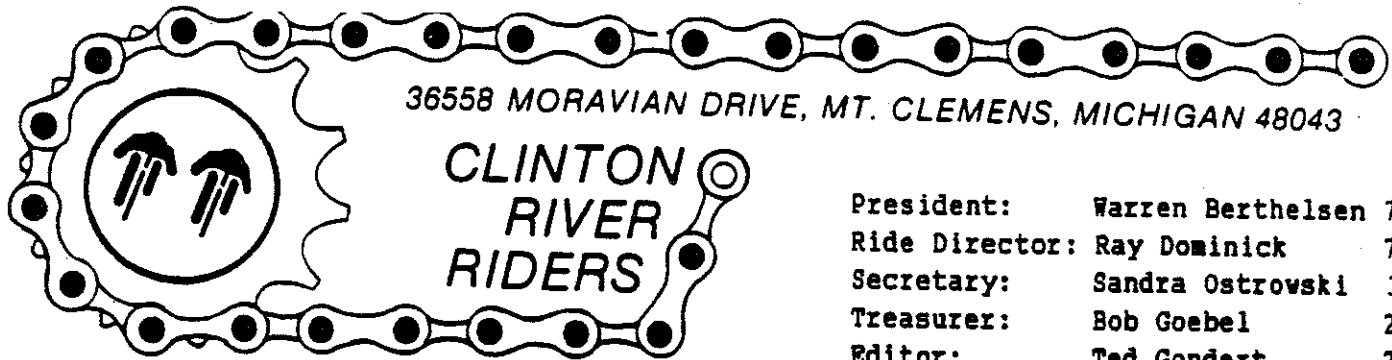


April 1990



President: Warren Berthelsen 781-6706
Ride Director: Ray Dominick 776-2793
Secretary: Sandra Ostrowski 362-1156
Treasurer: Bob Goebel 286-0384
Editor: Ted Gondert 752-9466
Hotline: 792-4670

Next Meeting: Monday May 7, 1990, 7:00 pm at the Mt. Clemens Community center, 300 Groesbeck at Lafayette.

New Members: The Clinton River Riders would like to welcome Bruce Campbell, Greg Bunkosky, Dick Sheehy, Ekhard Wheihs, Scot Lacey, Thomas Hunt & Family, Donna Sobocinski & Family, Mike Holzhauer, Greg Petrovich and Mark Stafford. We hope to see you on many rides this spring. Thanks to Pavlat's and Bob Goebel for recommending our club to them.

Club Jackets: The club jackets have been ordered and those that are getting one will be notified when they are finished. Contact, Bob Kosen 774-9855

TOSRV: Someone is looking for an extra ticket for TOSRV, May 13-14, contact the store at 792-4040 if you have a ticket to sell.

Camping Trip: Saturday and Sunday April 21-22. Camp David in Lapeer. Pack up the tents on the bikes and try an overnight camping trip for a change. The distance will be 50 miles or so. Contact Gary Haelewyn at 286-5094 for more information.

Earth Day Celebration: April 21-22, 1990 With the 20th anniversary of Earth Day fast approaching, I thought that club members might be interested in participating in an Earth Day Celebration

at Camp David in Lapeer. Although geared toward youth groups, "Ranger Dave" has extended an invitation to cycling enthusiasts to come and enjoy the beautiful area around and at Camp David. Cycle out and take part in any or all activities, or use the camp as a starting point for some fun mountain biking--there are miles of back roads to discover. There will be entertainment at the camp Saturday evening for your enjoyment. For more information call Ranger Dave at 656-0977, or me, Patti Brehler, at 288-6739. Hope to see you there!

Blue Water Ramble: The application meeting came up with these registration fees for BWR; Adult \$10, Children \$5, Family including dependant children \$30. Contact Andy Neumann at 756-3369 or Mike Holden at 398-1677 for more information and to volunteer to help with BWR.

T-shirt and patch design, start thinking about the design for the t-shirt and patch for the BWR.

Mileage Awards: Instead of mileage awards, this year's awards will be Participation Awards for participating in club rides, events, etc.

Participation Awards: Committee meeting, Monday, April 9, 7:30 pm at Bob & Rose Goebel's house, 39729 Aynesly, Mt. Clemens. 286-0384

RAAM: August 5, 1990; Sue Pavlat and Ron Dosenbach will be in Irving, California for the start of the Race Across America. Sue and Ron will be riding a Santana Tandem. The club will help sponsor them. T-shirts are available at Pavlat's for \$12.

RAAM Fundraiser: July 15, 1990 starting at Romeo High School. The Clinton River Riders will have an invitational ride to raise money for Sue and Ron's RAAM ride. Contact Bill Cleland to help with the ride. 775-5125

Time Trial: The first club time trial of the year will be Sunday, April 22, 9:30 am at Stoney Creek boat launch. Please call Ed Gostin to volunteer to help with running the time trial. 939-6107

Ride Schedule: Call the hotline: 792-4670 for the latest schedule.
Sunday, April 8: 7:30 am meet Ray Dominick and Jim Cramer at Pavlat's bike shop for a 30-35 mile ride at 14-16 mph to New Baltimore for breakfast.

Sunday, April 15: Easter Sunday, call Ray Dominick to schedule a ride.

Saturday, April 21: 7:00 am, meet Andy Neumann at the George Roberts elementary school, 23 mi and Dequindre for a mountain bike ride of 30 miles on Paint Creek trail to Lake Orion for breakfast and back. This is the "Ball and Chain Ride" for Andy who will be married that evening.

April 21-22: Camping trip to Camp David in Lapeer. Contact Gary Haelewyn 286-5094

Sunday, April 22: 7:30 am Time Trial at Stoney Creek boat launch.

Sunday, April 29: 9:30 am meet Al Barton at Troy Athens High School 17 mi & John R

for a 17-18 mph hilly 60-65 mile ride around Oakland County.

Sunday May 6: 7:00 am meet Sue Pavlat and Ron Dosenbach at the Metro Grand Spring Tour at Willow Metropark for a fast 100 mile ride. 8:00 am meet Mike Holden at registration MGST for the 60 mile ride at a moderate pace.

May 13, 8:00 am: Meet Jerry Pavlat at 19 mi and Merrill (east of Mound)SW corner for the Castle ride 14-16 mph, 28 miles.

May 20: Mt. Mitchell in Carolina

Sunday, May 20: 6:30 am meet Frank LoPiccolo at Pavlat's for a 40 to 50 mile ride to Eastern Market for flower day at 14-16 mph pace. Bring your walking shoes, the bikes will be put in Frank's warehouse.

Sunday, May 27: 8:00 am meet John Edry at Royal Oak library (11 and Main{Livernois}) for a 80 mile ride to Milford for breakfast.

Recurring rides: Tuesdays 6:00 pm meet Warren Berthelsen at Pavlat's for a 25 mile ride at 14-15 mph to Metro Beach and back.

Wednesday 6:00 pm: Meet at the bank at 17 and Garfield for a 30 mile ride at 15-17 mph to Stoney Creek and back.

Friday: starting May 11, 6:00 pm meet Andy Neumann at Macomb College south campus, 12 mile and Hayes north east parking lot.

Saturdays 8:00 am: Meet Oscar Balmaceda at Stoney Creek boat launch for a 14-17 mph 30-50 mile ride to Armada for breakfast.

Other Club Events: May 19 the "Maple City Metric" this is a change from May 5 as listed in the March Newsletter. Mike Holden will not be at the ride.

May 6, 1990: Mountain bike race and trials at Addison Oaks for more information call: 693-2432

Saturday, May 12, 1990: Kal-Haven Trail Blazer V. 10 to 90 mile road rides and mountain bike riding on a 38 mile trail to raise money for the Kal-Haven trail (abandoned railroad) write Kal-Haven Trail Blazer, P.O. Box 705, Kalamazoo, MI 49005 phone (616) 629-4526 evenings.

May 18-20, 1990: "Wolverine 200" at Bell Isle, 24 hour marathon, overnight camping. Call 652-0511

May 12-13, 1990: TOSRV in Columbus, Ohio.

Saturday, May 12, 1990 Magic Ride warm up at Canton Township Recreation Complex 1150 Canton Center Rd. (1/2 mile south of Ford Rd. Registration 8:00-11:00 am call 455-3645 for information

May 20, 1990: Fahrrad tour, in Frankenmouth, MI

Saturday, June 9, 1990 "Magic Ride" for the prevention of child abuse. Holt High School, 1784 N. Aurelius, Holt, MI just south of Lansing. Registration 7:00 am to 1:30 pm. New routes and a bicycle rodeo for kids for more info call (517) 373-1659

June 23-24, 1990: The MS-150 ride for Multiple Sclerosis starting at School Craft College 7 mile and Hagerty.

July 22, 1990: R.A.T. Ride Around Torch lake in Elk Rapids Michigan. Contact Warren Berthelsen to reserve camping room at his cottage in Traverse City.

August 28, 1990: DALMAC

"Pedal for Power: Across America"

May 13, 1990: Sandra Studebaker and Doris Mulligan will be embarking on a cross country pledge ride with the LAW. This is to raise money for the LAW legal fund and a local charity of the riders choice. They need pledges totaling \$5000 or more. Sandra's charity is for the new "Women's Medical Center" at St. Joseph hospital where she works. Doris's charity is for the "Children's Home of Detroit" where she works. Contact Sandra at 293-0162 (home) or 263-2858 (work). Contact Doris at 465-9342 (home) or 886-0800 ext 44 (work) to make a tax deductible contribution.

Club Rambling: Lorra'ne and Jim Wright have a new addition to their family. Craig Anthony was born at 6:29 pm on March 28, 1990 weighing in at 9 lbs 12 oz and 22 inches long.

Club Picnic: July 29, 1990 at Stoney Creek. Call Denise Cryderman 774-9855 to help with setting up.

Happy Birthday: April, Jon Deradoorian 04, Dave Unger 05, John S. Williams 08, Laurie Greenfield 11, Michael Shaw 12, Eric Rausch 14, Rosa Van Buren 15, Sandy Ostrowski 18, Joe Rumph 21, Marissa Coor 24, Christopher R. Tedrow 24, Matthew Moorman 24, Nancy Thoenes 27, Stara Deradoorian 28, Jim Cramer 29 May, Christopher J. Sermo 01, William J. Cleland 03, John Unger 04, Michael Holden 05, Lisa Koch 05, Melissa Bowen 06, Gary L. Fraser 10, Richard Dyer 11, Kevin Morrison 12, Matt Dyer 12, Wendy Breckridge 13, Sandra Studebaker 16, Jeff Hunt 16, Mark Whitmore 16, Pam Dyer 19, Rosemary Johnson 19, Anita Klein 20, David Brayton 21, Beth McWatters 24, Greg Franczak 27.

THE 1989 MS150 BIKE TOUR

Some of you may remember that I wrote an article about the 1988 MS150 bike tour in which I participated as a bicycle repair van driver. For the 1989 MS150, I was "in the trenches" so to speak, as a "tour leader".

Tour leaders are experienced cyclists who ride along with the tour participants and are present to provide them with a point of reference, help with bicycle repairs (usually flat tires), riding advice and a source of encouragement to inexperienced or tired riders. Being a tour leader gave me a chance to see what the MS150 is all about.

The route of the first day starts in Livonia and ends at Michigan State University some 80 miles later. Almost all of the route is hilly and, of course, wherever there are hills, there are headwinds! This year the wind was strong and gusting to about 20 mph. The hilly route and the strong headwinds combined to make for a very long, challenging first day for all cyclists. I know that I was tired at about 50 miles, which is why I was riding my mountain bike at 12-14 mph!

Even at these low speeds, I was passing many other riders who were struggling much more than I was. The wind, the hills and the miles had taken their toll on many of the inexperienced cyclists. Their legs hurt with every pedal stroke. Their back ends, unaccustomed to long hours on a saddle, were in excruciating pain. I could sense these things from the expression on their faces. The expression was one of complete exhaustion! I've worn that face a few times myself and it is a very unpleasant experience. Yet, because these riders raised donations based on the number of miles they completed, they were pressing on regardless of the pain. Their determination was inspiring, because they were literally torturing themselves to raise as much money as possible for Multiple Sclerosis.

Unfortunately, determination does not completely make up for a lack of training. However, the organizers of the event are aware of this and provide well stocked rest stops every 9 - 13 miles. They also have plenty of air-conditioned, 15 passenger vans to carry in comfort those riders who are too tired to continue riding. In fact, the ride organizers (The Multiple Sclerosis Society) provide just about everything but the leg muscles and the bikes!

In addition to the great rest stops, there is a lunch stop on both days and the overnight stay is in the dorms of Michigan State University. The dorm food was good and very welcome after a long day of riding. All of the baggage is transported for the riders so that they do not have to carry it. A repair van, overflowing with bike parts, was provided by Denny's Schwinn and Pavlat's Prestige Cycles provided supplies for yet another repair van. The second repair van was driven by Bill and Toni Cleland. Massages were available at MSU and medical people attended to the aches and pains of the riders. Radio contact along the entire route was maintained by Army National Guard troops driving camouflaged Jeeps! There was even a picnic in the park where the tour ended in Jackson on the second day. Air-conditioned luxury busses transported the tour participants back to the starting point. From this riders' point of view, the tour is superbly organized and executed and I enjoyed it very much, despite my sore legs!

On a more controversial note, the MS150 is looked down upon by some cycling enthusiasts because many of the tour's participants are not active cyclists and therefore may not ride safely, or they are riding unsafe bicycles. I, myself, may be guilty of perpetuating this viewpoint because of the article I wrote in 1988 about some of my experiences repairing bikes on the tour. That article was meant to be humorous and not critical of the MS150, or its participants.

Safety is the main concern on any bike tour and some of the main issues of MS150 detractors are helmet usage (which is mandatory for 1990), unsafe riding habits, and poor equipment. These are valid concerns, but is the MS150 really as bad as it is sometimes made out to be? Let us compare it to a 'real' bicycle tour, the Blue Water Ramble (BWR).

Helmet usage on the MS150, in years past, was not as high, percentagewise, as on the BWR. Even though studies have shown that helmet usage greatly reduces the chance of severe head injury, I observed many riders on the BWR century route without helmets. As a sidenote, Greg Lemond and Laurent Fignon did not always wear helmets during the Tour de France and they ride at speeds of 30 - 35 mph on the flats! When they did wear helmets, it seemed to be more for aerodynamics rather than safety. My point is that despite the obvious benefits of helmet usage, if the best in the world don't always wear them, the casual cyclist can't be expected to either. This point is unfortunate, but it is true that novices follow the example of world class champions, in any sport.

Many of the MS150 riders lack long distance bicycle touring experience, therefore, they should be subject to more riding accidents. This argument may have merit on paper, but necessarily in reality. Of the approximately 800 MS150 riders, none required hospital treatment. On the other hand, three BWR riders (of approx. 1500) required hospital treatment and one of them was admitted for the night. Thankfully, none of the injuries was serious.

Accidents and near-accidents happen a few times every season on club rides and they usually involve the more experienced cyclists. My point here is to illustrate that accidents can happen to anyone, at any time, at any speed, regardless of experience level.

It is true that many of the bikes on the MS150 are ridden only a few times a year and some of them do not work properly. But, according to Bill Cleland (repair van driver), the bikes that were breaking down were the so-called 'good' bikes, not the old, department store bikes. The BWR has fewer breakdowns, but there were a few broken chains and other minor problems on some 'really good' bikes. My point here is that just because a bike is old and not ridden very often, it does not necessarily mean that it is unsafe to ride.

I can sum up by using the old phrase, "you can't always judge a book by it's cover". On paper, the MS150 may not be a 'normal' bike tour, but on paper, Dewey beat Truman, communism is the answer to the world's problems, and Dan Quayle would make a good President. We all know that none of these are true, but without witnessing them first hand, it would be hard to prove them to the contrary. The same goes for the MS150 - try it, you'll like it! Or else, you will never know for sure what a fun ride it really is!

The following Clinton River Riders were involved in the 1989 MS150 bike tour. They made an already great tour even better because they are such super people to work and ride with!

Andy Neumann (MS150 liason), Claudia Dominick, Rick and Sue Moorman, Bob and Rose Goebel, John Rabaut, Bob Crowley, Joe Deoro, Ted Gondert, Bill and Toni Cleland, John Edry (route mapping), and

yours truly,

Jim Cramer.



Dear Clinton River Riders,

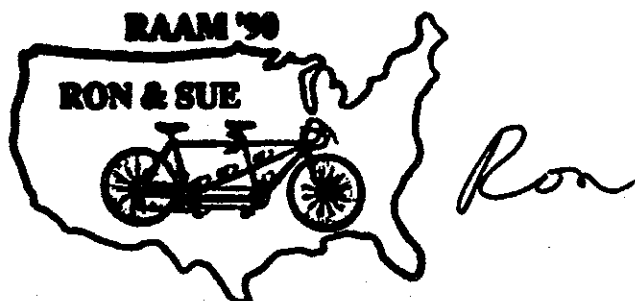
I was rather overwhelmed at the meeting with the response for the generous donation to be given to Ron and myself to help with our expenses for RAAM. Between the donation and the offering to put on a benefit ride for us, I was concerned whether the club's finances would be able to afford it. I realize there are monthly fixed expenses in running this club. The printing of the newsletter, postage to mail it, rental of the meeting room, as well as the phone bill for the hotline all have to be paid for once a month. As the founder of this club, the absolute last thing I will allow is for the club to go into a financial disaster with this donation. I am very concerned, and have spoken to Warren about this matter. I can assure you I will not allow this to happen.

I understand someone asked if there were any financial rewards if we were to win the RAAM. As of today, not only is there no prize money, but no official race sponsor as yet. Some of you may wonder, then why do RAAM and put ourselves through the physical torture and financial expenses? RAAM is THE challenge of a lifetime. To be in the best possible physical and mental conditioning of my life is enough of a challenge in itself. Not to mention the fact that there is a mixed tandem record crossing out there just waiting to be broken. And Ron and I want to go after that record and break it. Even though Lon and Susan's route was 200 miles shorter than what ours will be it offers us more of a challenge.

Our goal is to finish in 9 days. That means we have to average 350 miles per day. We know that crossing through the entire state of Colorado with many mountain passes to climb will be very difficult to hit our 350 mile target. That only means that we have to ride harder and faster when we are in the flats. Knowing the investment and faith the club has put into us will make us work even harder. More than anything, I want to bring back a first place award to share with the Clinton River Riders. I consider the club part of our team.

Thank you for the overwhelming donation, and for your confidence in us. Keep us in your prayers. We will be proud to wear the Clinton River Riders logo as one of our sponsors.

Sue



On the Road with Duane & E.A.

April 4, 1990

Dear club members,

When we got back on the road after Dallas it was surprising to see how much rain had fallen. All the rivers were high and expected to get higher. We didn't see much rain but everything started to green up. East Texas looks nothing like west Texas. The west side is what we always see portrayed on t.v. the east side is very nice with lots of trees & grass & flowers. We were in Texas a long time (3 1/2 weeks) and anxious to see a new state.

Louisiana was also flat which made the riding easy. We are starting to get into the area where "Plantation" homes are more common. There was no straight way through Louisiana so we zigzagged our way through the historic towns until we reached the river. It didn't take long, only 6 days to cross Louisiana and that was going slow.

It was exciting going across the Mississippi river into Mississippi because we were at the mouth of that river way back in Wisconsin & Duane was able to ride across without a bridge.

Natchez is the first town we reached and I think it is the biggest town for antebellum homes (pre-civil war). They have 30 homes open for tours and some are huge mansions. We arrived during the spring pilgrimage home tour. The thing that really surprised us most about these homes is that they are still in the families of the original owner and originally finished.

From there we headed north on the Natchez Trace Parkway. Today it

belongs to the National Park Service but originally it was the first highway connecting Nashville, TN with Natchez, MS. Traffic all but died on the old trace back in 1820 when steamboats became popular. Today traffic is still pretty light, the speed limit is 50 and there are no commercial vehicles. It's the #1 road for bicycles in MS though.

We took a side trip into Vicksburg to check out the battle grounds and museums. We got a very special treat when my brother David came to visit. It's the first time we've seen family since we left home back in April '88. Now we are anxious to get home and see everyone.

Things were going well and we were making good time till we reached Tupelo. The rain found us again and the Hale family brought us home to dry out. We stayed 5 days with them while the storms passed. They were so impressed with our stories they got us an interview on t.v. It turned out really good and we were able to get a copy for ourselves.

We are now in Nashville and will be visiting the Grand Ole Opry tonight. The Natchez trace was fantastic to ride and we would recommend it to everyone. If all goes well we hope to be home by the first week in May. To Andy and Claudia we are sorry we won't be there to share in all the festivities but we wish you well & want to see all the pictures when we get home.

Till next time

Safe Cycling,

Duane & Elizabeth

