

Rambler



APR
MAY 1997

produced by: Debbie Angst & Sue Pavlat

BWR CHAT

THANK YOU! THANK YOU! THANK YOU! goes out to Gary Haelewyn, Bob Latsko, & Doris Mulligan. Gary & Bob volunteered to be Co-Chairs for Blue Water Ramble. Doris has taken Publicity Chair. It is SOOO... important that we get started promoting & working on BWR. Gary has asked that all committee heads contact him so he can set up a meeting. All the committees will need help. Come to the next meeting & sign up. If you're not sure what it is that you'd like to do, ask questions. I'll print more details about the committees and their responsibilities in the next newsletter. Let's have some fun. It's not all work. I'll also have more details about the BWR design next month.

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,
Debbie

Next Meeting
Monday
May 5, 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

Warren Berthelsen
781-6706



Ride Schedule

The club has a new format for the ride schedule. A calendar has been done for easy access. A pace code is in place for easy listings on the calendar. The second page of the calendar lists a description of each ride. This new format has been done so that it can be hung up on the refrigerator, in the car, or any place with easy access for you. And when you get an extra minute, you can read the rest of the newsletter too!

I hope that members like this new format. I will accept any suggestions to make it better. It can be found in the middle of this newsletter. The upcoming rides will still be found in this section.

Welcome New Members

Donna Mennendez, Stephen Czaun, Hank & Tina Baum, Diane Sontag, Lawrence Snyder, Deborah Baur.

We hope that you'll enjoy our club events & rides. Feel free to make suggestions and to lead rides. We have a variety of ages & levels of riding in the club. We'd be happy to answer any questions you may have.

1997 Christmas Party

THANK YOU goes out to Laurie Brickner & Sheila Jones! They have agreed to be Co-Chairs for our Christmas Party. The date will be Saturday, December 6. More info to follow.

Santana Jerseys

Bill Windhorst is in contact with a vendor from the bike show in Chicago last year. 1997 Santana Jerseys are available to us at a discount. Call Bill for more info. (810)939-6073

Walleyball

Saturday April 19 6 p.m.

Location: Warren Raquet Center 12 1/2 mile & Van Dyke (across from the Warren police station)

Rides in May

Metro Grand Sunday May 4

New Boston rural routes between W. Wayne County & Lake Erie. Up to 62 miles of road riding & 30-50 miles on dirt.

Downriver Cycling Club
313-383-0286

"BACK 40" CHALLENGE Sunday May 11

Clarkston. 17, 27, & 44 mile routes. An early spring ride on northwest Oakland County dirt roads.

Flying Rhino Cycling Club
P.O. Box 815 Clarkston 48347
810-625-7000

Tosrv May 10-11

210 miles along the Scioto River Valley in Ohio. Starts in Columbus, Ohio & travels to Portsmouth, Ohio. Stay overnite & ride back.

Tosrv 97
P.O. Box 14384
Columbus, Ohio 43214-0384

Wolverine 200 May 16-18

Friday to Sunday

Belle Isle 5-200 miles. Pledges involved May camp on the island as part of the event.

Wolverine Sports Club
652-0511



Horsey Hundred May 23-25

Memorial Day Weekend in Georgetown, Kentucky. Features 30, 50, & 100 mile rides on Sat. Also, 30, 50, & 66 mile rides on Sunday. Bill Windhorst may have rooms left. Or, you can sign up for a dorm.

Bluegrass Cycling Club
P.O. Box 8044
Lexington, KY 40533-8044

Other Rides & Events

Farm Lake Tour Sunday June 1

New location: Monroe County Fair Grounds. Monroe, MI. Routes of 20, 31, & 62 miles. Terrain is flat!

Cycling Saddleman
(313)721-0077

One Helluva Ride Saturday July 12

Starts at the Chelsea Fairgrounds in Chelsea, MI. Routes of 40, 63, 76, & 100 miles on paved roads. There will also be a 15 mile fun ride starting and finishing at Portage Lake State Park. Generally flat terrain with some rolling hills. Good food & friendly volunteers. LAB sanctioned.

website: <http://www.hvcn.org/info/aabts/ohr.html>

Ann Arbor Bicycle
Touring Society
313-994-0044

CRR Canada Trip

July 4-July 19. Toronto, Kingston, Ottawa, Montreal, & Quebec are the planned sites. Camping, B & B, & motels are planned. Sag vehicle with gear and rotating driver. So far, there are 12 riders committed to this 2 week excursion. Next meeting at the Feught house on April 13 at 7p.m. For more info call: (810) 528-0557 and speak with Dan or Bev Feught.

Mountain Bike Stuff

There are maps & cue sheets available for routes from Stony to Metamora. They have been provided by T. J. Hill. Contact Rick Jones for a copy. Also, see the ride schedule for a beginning mt. bike ride led by Art Anderson.



Tour de Stony

Stony Creek
Eastwood Beach
Wednesday 7p.m.

May 21

June 18

July 16

August 20

On your mark, get set, get ready to test your skills at the Stony Creek Metropark coming in May. It's you against the clock riding one lap around Stony Creek. Your official time is not announced or published unless you are first in your category. You may ride in more than one category. All ages and abilities are welcome. To be eligible for an award at the end of the season, you must ride in three of the four events. The event is run by Hank Thoenes & Steve Angst. David & Heidi Heck and Sue Pavlat are the timers. For the event to run smoothly, the club needs support people to cheer on the riders and to sign up for one of the following positions:

Spotter

Traffic Control

Holder

Starter (timer)

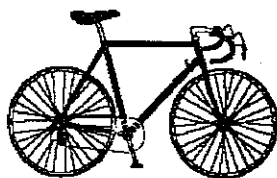
Drive sweep

It is also requested that the riders step in & work when they are done competing so that the workers may also compete. A sign up sheet will be passed around at the May meeting. Ride directors may reschedule in case of severe weather conditions. Please don't call to see if the ride is cancelled before the event. All decisions will be made on site. Whether a participant, helper, or both, all members are encouraged to attend.

Editors note: The Tuesday night 'Hilly Hammer' ride will not be held the Tuesday before any of the dates listed above.



5/1	Marilyn Drellishak
5/3	Liz Bartlett
5/3	Bill Cleland
5/4	Jim McKinnie
5/5	Michael Holden
5/7	Kevin Ostrowski
5/8	Eric Braun
5/11	Karen Hammer
5/12	Matthew Dyer
5/12	Katie Thoenes
5/13	Luke Cavender
5/13	Doug Plzak
5/16	Sandra Studebaker
5/19	Gerald Bartels
5/19	Pam Dyer
5/19	Moira Smith
5/19	Rosemary Woodby
5/22	Colleen O'Brien
5/25	Mike Gemus
5/25	Quane Nieman
5/26	Roger Johnson
5/29	Steve Morauski
5/30	Andy Anderson
5/31	Denise Bartley
5/31	Ted Gondert



For Sale Schwinn 754 Aluminum Mint Condition

- Gel Seat
- 2 Water bottle brackets
- Frame mounted pump
- LOOK Carbon Pro clipless pedals
- Pouch
- Aero bars
- Kevlar tires
- Cateye wireless computer

\$450 or best offer
Call Lee at 810-979-8166

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 Motavian	
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

Pace Code: A+=20+ A=17+ B=14+ C=11+

APRIL 1997

Hotline: (810)792-4670

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
	1	2	3	4	5 Funeral Fun 9 A.M. (B)	6
7	8	9	10	11	12 Funeral Fun 9 A.M. (B) Mt. Bike 101 2 P.M.	13
14	15 Metro Beach 6 P.M. (B)	16	17 Cranbrook 6 P.M. (B) Ramble Ride 6 P.M. (C)	18	19 Funeral Fun 9 A.M. (B) Wallyball 6 P.M.	20 Stony Creek 8:30 A.M.(B+)
21	22 Metro Beach 6 P.M. (B)	23	24 Cranbrook 6 P.M. (B) Ramble Ride 6 P.M. (C)	25	26 Funeral Fun 9 A.M. (B)	27 Dryden 8:30 A.M. (B)
28	29 Metro Beach 6 P.M. (B) Hilly Hammer 6 P.M. (A)	30	1 Cranbrook 6 P.M. (B) Ramble Ride 6 P.M. (C)	2	3 Funeral Fun 9 A.M. (B)	4 Metro Grand

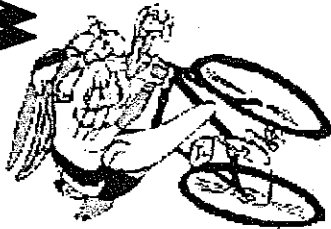
WEEKLY RIDES

Hotline (810)792-4670

Call the hotline for updates

Pace Code

A+=20+ A=17+
B=14+ C=11+



Monday: Island Ride (A)

(starts 5/12)

Ride Leaders: Rich & Pam Dyer
Distance: 25 Miles

Meet: Michigan National Bank on
M-29 in Algonac
Ride: On Harson's Island

Thursday: Cranbrook (B)

(starts 4/17)

Ride Leader: George Zlotiro
Distance: 25 Miles

Meet: Cycle & Fitness
1109 Washington, Royal Oak
Ride: To Cranbrook

Tuesday: Metro Beach (B)

(starts 4/15)

Ride Leader: Gary Haelewyn
Distance: 20 Miles

Meet: Prestige Cycles
Ride: To Metro Beach

Thursday: Ramble Ride (C)

(starts 4/17)

Ride Leader: Bill Duremling
Distance: 20 Miles

Meet: Pat Kut I-94/North River Road
Ride: Mystery Routes

Tuesday: Hilly Hammer (A+)

(starts 4/29)

Ride Leaders: Sue & Jerry Pavlat
Distance: 20-25 Miles

Meet: MSU Training Center
Square Lake/East of Crooks
Ride: The hills in Oakland County

Friday: Lakeshore Sprint (A)

(starts 5/9)

Ride Leaders: Steve & Debbie Angst
Distance: 25 Miles

Meet: Marter/Jefferson
Ride: Grosse Pointe
Sprint up Lakeshore

Wed: Blue Light Special (B)

(starts 5/7)

Ride Leader: Gary Haelewyn
Distance: 25 Miles

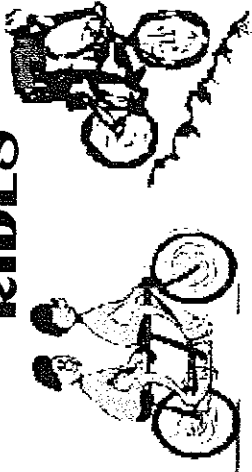
Meet: K-Mart World Headquarters
Coolidge & Big Beaver
Ride: The west side

Saturday: Funeral Fun (B)

Ride Leader: Doug MacDermaid
Distance: 25 Miles

Meet: Schultz Funeral Home
8 1/2 & Gratiot
Ride: The east side

OTHER CLUB RIDES



Saturday 4/12 @ 2 P.M.

Mt. Bike 101

Ride Leader: Art Anderson
Distance: 9 Miles (approx. 1 hour)
Meet: Stony Creek West Branch
parking lot B.
Ride: beginning mt. bike course

Sunday 4/20 @ 8:30 A.M. (B+)

Ride Leader: Dave Switney

Distance: 42 Miles

Meet: Stony Creek Boat Launch
Ride: To Mt. Clemens for breakfast

Sunday 4/27 @ 8:30 A.M. (B)

Ride Leader: Ted Gondert

Distance: 40 Miles

Meet: Romeo High School
Ride: To Dryden for breakfast

Sunday 5/11 @ 8 A.M. (A)

Ride Leader: Dave Switney

Distance: 42-45 Miles

Meet: Stony Creek Boat Launch
Ride: To Troy for breakfast

Easter Ride

by Ted Gondert

It was a cold wet morning on Easter Sunday, April 30, 1997. But the Dryden VFW had their monthly pancakebreakfast scheduled. I dragged myself out of bed and got dressed in all the insulated bicycle clothing I could find. Polypropylene T-shirt, long sleeve wool jersey, leg warmers, wool socks, water resistant leather boots, etc. Thinking nobody will show up in this cold wet weather, I reluctantly put on my old worn out rain jacket and ride up to the Romeo High School. "That slight grade seems to get steeper over winter," I think while slowly riding up there. In the parking lot appear Will LaJack and Eric Braun on their bicycles.

If they're dumb, er ah.. brave enough to want to ride, guess I'll have to go with them. Start out up 32 mile road in the rain. The fenders on our bikes keep the road spray off our backs. We toil along at a moderate pace with Will LaJack leading and myself bringing up the rear with enough distance between us to avoid the spray from the back tires. My mittens and hat are getting soaked through and my jacket too. The wool jersey keeps me a little bit warm despite being wet but not very much. That old GoreTex jacket of mine just doesn't work, it always lets water through. I remember getting soaked and cold on TOSRV in 1996, wearing the same clothes. Guess it's time to get a new jacket and jersey that fit and keep me covered. Will's and Eric's microfiber jackets seemed to work ok. They stayed fairly dry, except for their hands and feet.

We turn north on Rochester Road to Lakeville then to Leonard and a few rolling hills. At least you warm up when climbing. Finally Dryden road is ahead and we stop at the corner for a minute to warm up. Now it's just a few miles into town and the warm VFW hall. We lock up the bicycles and go inside. They ask us if it was wet outside and we acknowledge that it was. But at least we're inside now so we take off our jackets, gloves, & hats and hang them up to dry. I wish there was a clothes dryer around. Breakfast is good with ham, eggs, hashbrowns, & pancakes. We finish off everything and sit around for a while. Finally we decide that it's time to get ready to ride back. The temperature hasn't gotten any warmer, actually it seems to have gone down some. We unlock the bikes and hope we warm up as we get pedaling. West on Dryden road to Van Dyke, I ask if they just want to take VanDyke home to save a few miles but Will says he wouldn't mind taking the longer route. Continued west to Glover Road, (S) to Almont road, (W) to Capac Road. Stopped in Allenton but the party store was closed. At least under the porch roof was a dry spot to warm up for a few minutes. My hands were getting numb from the cold and vibration. Back on the bikes we head down to Armada Center then to Kanie road, 34 mile, McKay, 33 mile, McVicker, Bailey, 32 mile and back up to the high school. Total of 43 miles of cold and wet. We thanked each other for the ride and are glad it's over. I head back down hill to home and a warm shower.

Don't know if it was the riding in the cold and wet but I found out that heat is faster than cold, you can catch cold. The following week I had a bad cough, running nose, sneezing and had no energy even in the much better weather. But many others seem to have the same cold so guess it's just going around. Hope to get better soon, don't want to miss the riding season, need to start training to get back in shape. There are lots of great rides to do. With the right gear you can ride in some precipitation without too much discomfort. A little suffering can make you appreciate the good times more and realize you will survive anyway. Next months breakfast will be Sunday, April 27. Hope the weather is better then.

Why Bicycles Make Good Mates

- Bicycles don't work late
- Your bicycle stays as clean as you want it to
- Bicycles don't have laundry for you to do
- Bicycles don't get sick
- Bicycles don't get overweight, except per your convenience
- If you say bad things to your bicycle, you don't have to apologize to it before you ride it again.
- A bicycle always has time for you
- Bicycles don't complain & don't ride away from you when the road gets tough
- Bicycles don't snore
- Bicycles don't leave a mess
- If you don't like the size of your bicycle, you can get a new one
- You can try out as many bikes as you like before you get your own
- You don't have to feed your bicycle
- Bicycles never argue
- You are always right
- Bicycles don't sneak around with other bicycles
- Bicycles don't come home drunk
- Bicycles don't fart
- Second hand bikes don't brag about previous owners
- Bicycles don't have egos
- Bicycles don't care about how much money you spend
- Your bicycle doesn't argue about stopping for directions
- If you decide to get a new bicycle, you don't have to give up more than half of everything you have
- If your bicycle doesn't look good, it can be painted & parts replaced
- Bicycles don't get pregnant
- You can ride your bicycle any time of the month
- Bicycles don't whine unless something is really wrong
- Bicycles don't try to change you, once you've bought them
- You can share your bicycle with your friends
- Bicycles don't get headaches
- Bicycles don't get jealous
- A bicycle doesn't care how long or hilly the ride is

Donations

The Finance Committee met and agreed on the following one time donations:

\$1500 LAB
\$1500 LMB
\$750 Rails to Trails
\$750 ARC
\$150 MS150
\$50 Ohio Bike Federation

ARC is a group that works with physically handicapped folks. The group takes these handicapped people on tandem rides, etc.

The Ohio Bike Federation puts out a publication similar to the LMB calendar. We are considered a supporting organization by sending this donation. The money will be put towards printing costs. Take some time to look at their calendar. They have a lot of nice events.

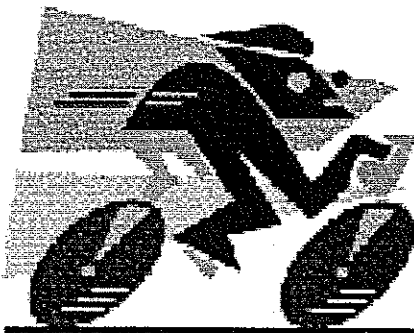
Team Event

John & Marilyn Tarantino

Steve & Debbie Angst

Sue Pavlat & David Heck

These members will compete in a Team Duathlon on June 21. It's a 120 mile course throughout Oakland & Macomb Counties. Each team member will run a minimum of 5 miles and cycle a minimum of 15 miles. The name of the team will be the "Path Masters". Masters refers to the fact that our ages are over 240!



CR Runners

Several CRR members are also runners. Please contact Debbie Angst or Sue Pavlat with info, such as events, & your times in those events. Julia Schultz & John Kamm recently completed a 15 mile training run. Marilyn Tarantino, Julie Windhorst, & Sue Pavlat will be competing in the 'Race for the Cure' at the Detroit Zoo on 4/19. They will meet at 8:30 a.m. in the parking lot just south of Cycle & Fitness at 1109 S. Washington in Royal Oak.

Sue is a member of the Stoney Creek Running Club & welcomes anyone who would like to come out & cross train. The Running Club President is Larry Frontera. Address: 37263 Charter Oaks Blvd. Clinton Twp. 48036. Phone: 810-468-8622 e-mail: hankster@tit.com

Speed workouts: Start Tuesday May 6 at 6p.m. Meet at Dodge Park on Utica Road. Speed sessions hosted by Kevin & Keith Hanson.

Training Schedule

Thurs. April 17, 24
 Meet at corner of John R. & Auburn Road for a run to Bloomer Park & back (approx. 6 1/2 miles). If that's not enough, at 6:30 p.m. you can climb the 188 steps at Bloomer! Hanson's Running Shop in Royal Oak also hosts a Thursday night run.

Sunday April 20 8a.m.
 Stony Creek boat launch.

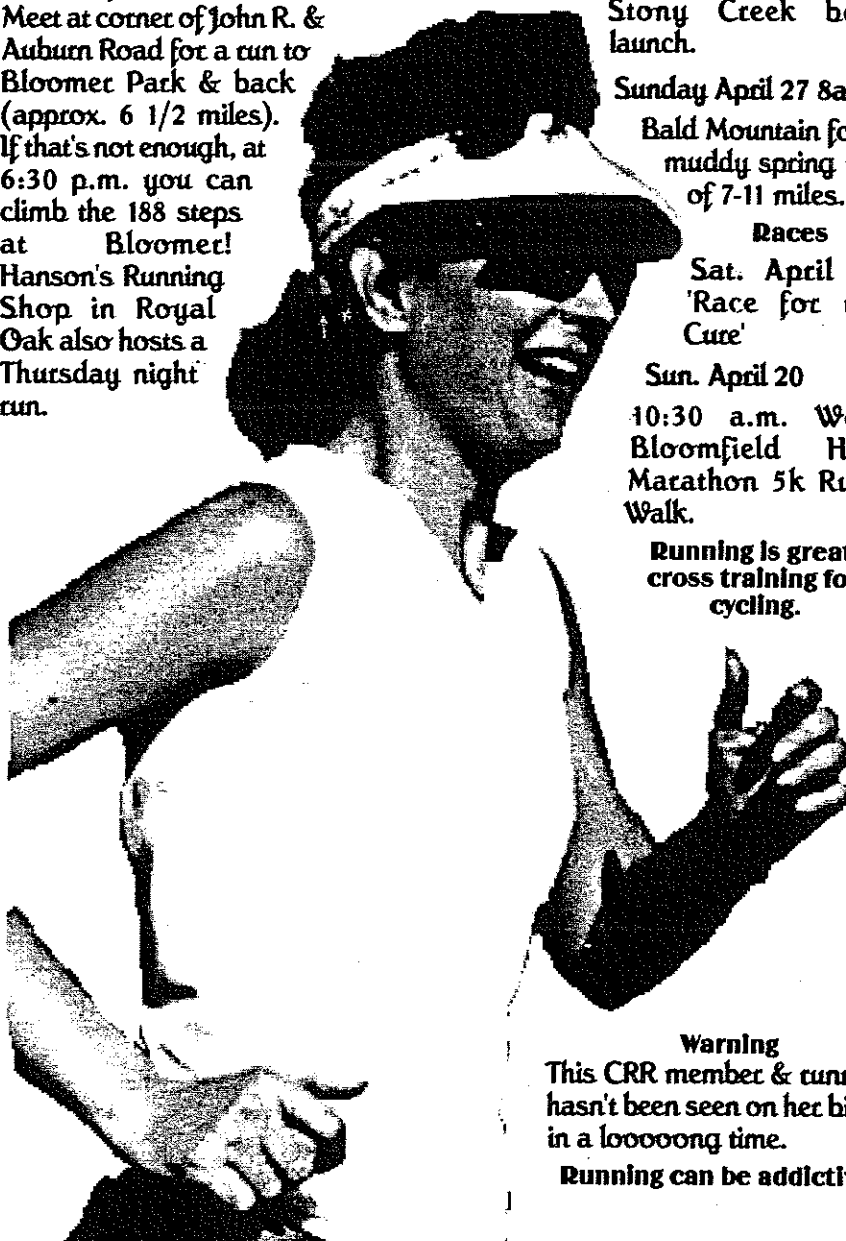
Sunday April 27 8a.m.
 Bald Mountain for a muddy spring run of 7-11 miles.

Races

Sat. April 19
 'Race for the Cure'

Sun. April 20
 10:30 a.m. West Bloomfield Half Marathn 5k Run/Walk.

Running is great cross training for cycling.

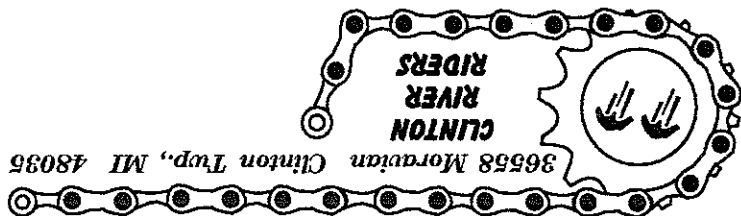
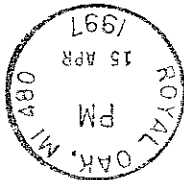
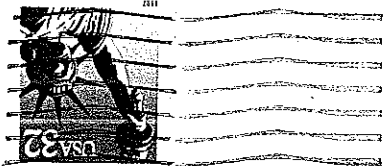


Warning

This CRR member & runner hasn't been seen on her bike in a loooooong time.

Running can be addictive

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



Renewal Application Form Clinton River Riders Bicycle Club

- \$12.50 Individual (Over 18)
- \$15.00 Family

Name _____

Address _____

City _____

State _____ Zip _____

Home Phone _____

Family Members	
Name	Birthdate
_____	_____
_____	_____
_____	_____
_____	_____

- New Member
- Renewal

Please make checks payable to:
CLINTON RIVER RIDERS
36558 MORAVIAN
CLINTON TOWNSHIP, MI 48035

League of American Wheelmen ("LAW") Release & waiver of liability, assumption of risk, & indemnity agreement. ("AGREEMENT")

In Consideration of my being permitted to participate in any way in The Clinton River Rider Bicycle Club ("Club") sponsored bicycling activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin:

1. Acknowledge, agree, & represent that I understand the nature of Bicycling Activities & that I am qualified to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads & upon which the hazards of traveling are expected. I further agree & warrant that if at any time I believe conditions to be unsafe I will immediately discontinue further participation in the Activity.

2. Fully Understand that: (a) Bicycling Activities involve risks & dangers of serious bodily injury, including permanent disability, paralysis & death ("Risks"); (b) these risks & dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the "Releasees" named below; (c) there may be other risks & social & economical losses either not known to me or not readily foreseeable at this time; and I fully accept & assume all such risks & all responsibility for losses. Costs & damages incurred as a result of my participation in the Activity.

3. Hereby release, discharge, covenant not to sue, & agree to indemnify & save & hold harmless the Club, the Law, their respective administrators, directors, agents, & employees, other participants, any sponsors, advertisers, & if applicable, owners & lessors of premises on which the Activity takes place, (each considered one of the "Releasees" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "Releasees" or otherwise, including negligent rescue operations. I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely & without any inducement or assurance of any nature & intend it to be a complete & unconditional release of all liability to the greatest extent allowed by law & agree that if any portion of this agreement is held to be invalid the balance, not withstanding, shall continue in full force & effect.

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____

(All riding members must sign)