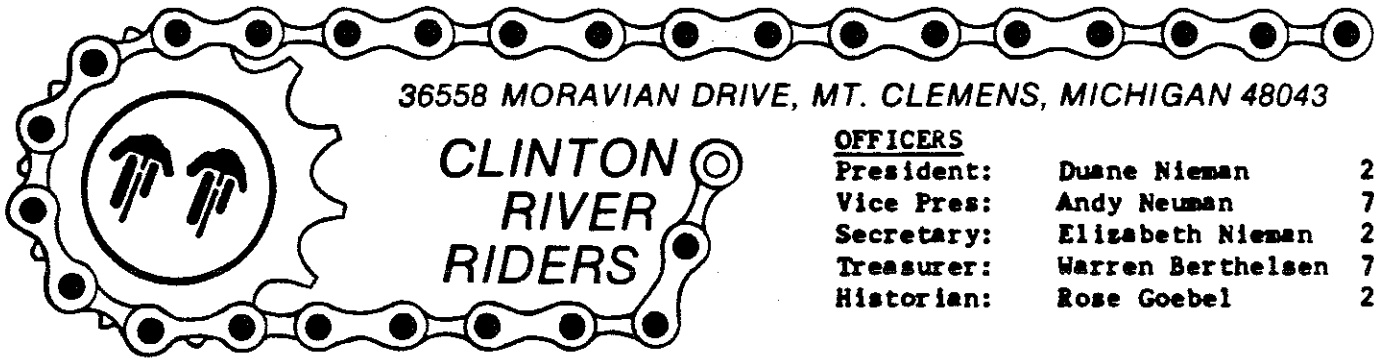


MAY 1987



DEAR CLINTON RIVER RIDERS,

THANK YOU VERY MUCH FOR THE GENEROUS SPONSORSHIP FOR THE RACE ACROSS AMERICA 1987. AS YOU WELL KNOW THE RACE IS VERY COSTLY AND YOUR SPONSORSHIP HELPS TREMENDOUSLY. BUT EVEN MORE IMPORTANT THAN THE MONEY IS THE MORAL SUPPORT YOU HAVE GIVEN TO HEIDI AND ME DURING THE LONG TRAINING PERIOD THAT GOES INTO THIS RACE. RIDING WITH THE CLUB MEMBERS WHEN I GET A CHANCE IS A REAL BOOST TO WHAT SOMETIMES CAN BE LONG LONELY HOURS ON THE BIKE.

APRIL 26 STARTED OFF A LITTLE CHILLY BUT I SURE GOT WARM WHEN I PULLED INTO THE PARKING LOT AT ROMEO HIGH. IT WAS GREAT TO SEE ALL THE CLUB MEMBERS AND OTHER PEOPLE (SOME AS FAR AWAY AS TRAVERSE CITY) OUT FOR 'HECK OF A RIDE'. I EVEN GOT TO RIDE WITH HEIDI WHICH HASN'T HAPPENED MUCH LATELY. AS USUAL A CLINTON RIVER RIDERS SPONSORED EVENT HAS THE BEST REST STOPS, I COULD HAVE STAYED AND ATE COOKIES AND TALKED ALL AFTERNOON. AS FAR AS I'M CONCERNED IT WAS A COMPLETE SUCCESS. I WANT TO GIVE A SPECIAL THANK YOU TO ALL THE CLUB MEMBERS AND THEIR FAMILIES THAT WORKED SO HARD PUTTING THE RIDE ON.

THANK YOU AGAIN FOR YOUR MORAL AND FINACIAL SUPPORT.

KEEP ON BIKING,

David Heck

DAVID HECK

NEXT MEETING - Monday, June 2, 7:00 p.m. at Fraser Public Library, 14 Mile Rd., west of Utica Rd. The Club is in need of a meeting place for July, August and September. Anyone having a suggestion or knowing of a place that is available, please let the club know by the next meeting.

NEW MEMBER - The Clinton River Riders would like to welcome Bruce Marquis to the club. We hope that you enjoy a fine season of cycling.

ARTISTS AND DOODLERS - T-Shirt and patch designs for this years Blue Water Ramble will be voted on at next month's meeting. All of you uncelebrated artists, this is your chance to be recognized and to go down in history for your design.

DISBURSEMENT OF CLUB FUNDS - At the May monthly meeting, the club continued the discussion from the previous month and voted on the disbursing of club funds. The items listed below were approved.

Donation to National Multiple Sclerosis Society	500.00
(3) 8x10 canopies	100.00
Magnetic signs for sag vehicles (4)	200.00
Donation to St. Clair High School	750.00
Donation to Fraser Public Library	250.00
L.M.B. subscription	60.00
Donation to the Port Huron Amateur Radio Club	150.00
Funding for the David Heck Ride	247.00
Donation to David Heck for RAAM	2000.00
Summer picnic for club members	290.00

SUMMER PICNIC - Plans for this years summer picnic are under way. Anyone having an idea as to where to hold this years picnic, or would like help with this event. Please contact Claudia Dominic, Picnic Chairperson, 893-5051

CONGRATULATIONS - Sandra Studebaker placed second in the recent West Bloomfield Half Marathon in the women veteran division. Good work Sandra.

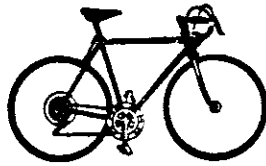
DAVE HECK UPDATE - Dave is riding to and from work (about twenty miles one way) with full rear panniers and is currently riding 900 - 1000 miles per week. He is now in a constant eating stage of training and at times can be mistaken for a school of Piranha. He is currently in the Smokie Mountain area, training from May 1 through the 10. He said "the first twenty four hours did not go well. First the wind (25 mph) slowed the pace to almost a crawl at times. Then when night came the cold brought frozen toes and constant shivering. After 17 1/2 hrs. of battling the elements stopped with 230 miles traveled. It was very disappointing, but a learning experience so it wasn't a total loss." The bike rack and night lighting system are now mounted on the truck for practice and he should receive the official handbook for RAAM in the middle of May.

A SPECIAL THANK YOU - For those who helped in all the planning, registration, distributing flyers, baking, rest stops, sagging, setting up the canopy, clean-up and all the other detail jobs. Your support really helped make the "HECK OF A RIDE" a success.

Elizabeth Nieman,
"HECK OF A RIDE" Chairperson

(The "HECK OF A RIDE" had 152 registered riders and raised \$1,912. for Dave).





CLUB RIDE SCHEDULE

May 10 - Sunday - JERRY AND SUE PAVLAT'S 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.

May 17 - Sunday - For those not attending the Wolverine 200 on Belle Isle, Duane Neiman will be leading 50 mile ride at a 15 to 17 mph pace, leaving Utica High School, 21 Mile Rd. and Shelby Rd. at 8:00 a.m.

May 24 - Sunday - John Edry will be leading a 80 mile ride at a 15 to 17 mph pace, leaving Utica High School at 9:00 a.m. There will be a lunch stop at the Nickelodeon Restaurant.

May 31 - Sunday - Rick Moorman will lead Ken Koch's "Bloomer Boomer" ride, leaving from the Big Boy restaurant located on Van Dyke, 1/4 mile north of 29 Mile Rd. This is approximately an 80 mile ride at a 15 to 17 mph pace. Breakfast is at 7:00 a.m. at Big Boys, ride leaves at 8:00 a.m.

June 7 - Sunday - Andy Neumann will be leading the 15-mile ride from Pavlat's to Washington for the annual "Captain Aluminum" ride (wear club jerseys). He will be leaving Pavlat's at 6:30 a.m. See attached flyer.

CRR 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 for ice cream.

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

May 16-17 The Belle Isle Marathon beginning at 10:00 a.m. Sat.morning and ending the following morning at 10:00 a.m.

June 7 Farm Lake Tour - Members wishing to ride this as a group, please meet at the registration desk at 8:00 a.m.

June 13-14 Michigan MS 150 Bike Tour - The CRR has volunteered this year to be tour leaders for this ride. Andy Neumann is the coordinator for this event.

June 13 100000 Metre T-Shirt Ride - Tour rural Clinton, Ionia, and Eaton Counties. Sponsored by, The Tri County Bicycle Assoc.

June 20-21 Michigan National 24-Hour Challenge - Grand Rapids - A personal best bike ride, hosted by the Rapid Wheelmen Bicycle Club

July 1-15 L.A.W. (Bicycle USA) RALLY will be held on the MSU Campus in Lansing. Lots of rides and information.

There are many bike tours coming this season from various bike clubs; registration forms and other information are available at Pavlat's.

FAST RIDES

FOOD FOR THOUGHT - by Mike Holden

These opinions are mine and mine alone and do not necessarily represent those of the club.

Helmets are a good idea - I wouldn't want to have an accident without one - but what good are they otherwise? Last summer, three friends and I decided to try an experiment. We rode the same area of Troy 3-4 times a week at the same time of the day. One week we rode without helmets and the next with. Afterwards we agreed that when wearing helmets we were treated with more respect by motorists. The assumption we made was that when wearing helmets we were viewed as cyclists, without we were just kids on bikes. Therefore helmets are an active safety device as well as a passive one. Comments Anyone?

IF THIS IS FRIDAY, IT MUST BE ICE CREAM - by Mike Holden

Sometimes I forget, is it "I eat to ride" or "I ride to eat"? Whichever. I'll ride to an ice cream shop anytime. The club rides to Grosse Pointe each Friday evening at 6pm starting from MCCC. The route taken meanders through subdivisions and side streets to Kercheval on the Hill where we stop for what else? - ice cream (or popcorn, candy, or soda). The return trip is made via a similar but different route. The total distance travelled is between 27 and 30 pleasant miles.

LETTER TO THE EDITOR - As an employee at Pavlats Bike Store, I had the chance to sample all the cookies donated to the David Heck Ride. I have come to the conclusion that we have many superb cooks in the club. I decided to give a very detailed comparison of all the cookies baked. I am going to reveal who is the best baker. Now for the answer, I have decided that a second sampling is in order. Anyone that is interested in entering the final bake off, please bring in three dozen cookies to Pavlats Bike store, the week of June 1st. 1987. I promise the results will be ready for the July newsletter.

Signed,
J.

EDITOR NOTE: Thanks to Mike Holden and Bob Latsko for their articles in the newsletter. If you have something you would like to share please call or send me a note. Rose Goebel 286-0384
39729 Aynesley
Mt. Clemens, MI 48044

A VIEW FROM THE BACK OF THE PACK - by Bob Latsko

It began on one of those nice spring days uncommon in Michigan in March, that was the day I traded in my 15 year old rusty Sears 10 speed for a shiny new Miyata 610. I had become a serious bicyclist almost overnight. I rode 4 laps around Stony Creek (but my knee hurt for the last three) and even sent in my application for the TSDRV (rejected). I soon found that it was more fun to ride with others and so I came to a meeting of the Clinton River Riders to get a ride schedule. I skipped the Belle Isle ride because I didn't want to begin by riding in city traffic and missed the mystery trip because of the return of winter. Although April 12, dawned grey and wet, I was out of excuses and so loaded the Miyata into my hatchback and set forth for Windsor, and the ride to Amherstburg.

As I pulled into University Mall, I recognized Andy and John from the club meetings, but something was wrong! Where were the other old, fat riders wearing rolled up cotton slacks and tennis shoes? This group looked ready for the U.S. cycling! (I learned later that because of the weather looked a bit menacing, they stayed home). Someone greeted me by handing me a map - Pointe Pelee - wait a minute!! I was assured that Pointe Pelee was not scheduled till later this summer and today was the easy ride only as far as Amherstburg.

Shortly after 9:30 a.m. we mounted up and headed down Tecumseh Rd. in the direction of Amherstburg at an easy pace of 10-12 mph. I fell in at the rear of the pack and was soon joined by Andy, who exchanged a few words before moving up to the front. Mike came over to introduce himself and encourage me to move closer to the pack so as to take advantage of the "draft" from the pack. I declined because I didn't want to make my first impression on the Club by rear-ending them at a stop sign. Anyway, at such an easy pace I didn't need the help. I exchanged cyclometer readings with Mike and was pleased to note that the Cateye that I had installed the previous evening seemed to be working properly. However, I did note that we were now moving at about 14-16 mph, but with the a nice tail wind it was still easy going. The first hint I had of trouble occurred as I entered onto highway 18 for the last mile into Amherstburg. I followed the tandem of Bob and Janet with a bugger holding Patrick. We found that the others had moved somewhat ahead of us, and they were making an obvious effort to catch up. I was following them - at 22 mph - and could only watch as they pulled away from me. I couldn't believe it. I was a discouraged rider who pulled into the park at Fort Malden.

We enjoyed a tour of the fort, took Club pictures in the period uniforms supplied at the fort, and were rejuvenated with a delicious lunch at Duffy's tavern before we headed back to Windsor.

Shortly after we started back, a large black cloud rose up out of Lake Erie and dumped all over us. This caused a stop, as we hastily retrieved our jackets and rain parkas again. But now the fun was over and the work began and I leaned into the wind and cranked at about 12 mph as the lead riders disappeared up Texas Rd. I settled in with a small group led by Mike who was followed by Claudia, another neophyte who seemed to having problems, while I rode behind. Soon Claudia and I dropped to 10-12 mph and watched Mike go ahead, but when the tandem stopped for some adjustments, Claudia pulled up behind them and left me alone on the road. I could just see Mike a few hundred meters ahead of me, so I cranked up to 16 mph to try to catch up. Ouch! My knee! I had almost forgotten about it.

It is a lonely feeling alone on the highway and I backed off to 10-12 mph pace, at least it stopped raining. I tried to keep Mike in sight and hoped I wouldn't get lost. Finally, at the bridge over the River Canard, a welcome sight. The lead riders had a sag stop, and I pulled in, to stand with a few members, while others impatiently circled the area. A few minutes later the tandem arrived followed by Claudia and a couple other riders. At least I wasn't last.

Eight miles to go. The lead rider soon left me behind. In a second group led by Ron, followed by Claudia, me, with Denise and Bob riding shotgun in the back, Denise rode up to me to introduce herself and the other members our group before she moved up to offer encouragement to Claudia, who was beginning to struggle. When our speed dropped to 9-10 mph, I passed them and moved up behind Ron, while I listen to Denise tell Claudia about her first ride, "12 miles, thought my legs would fall off, didn't expect to finish alive, etc." I don't think I believed her, but I enjoyed the story.

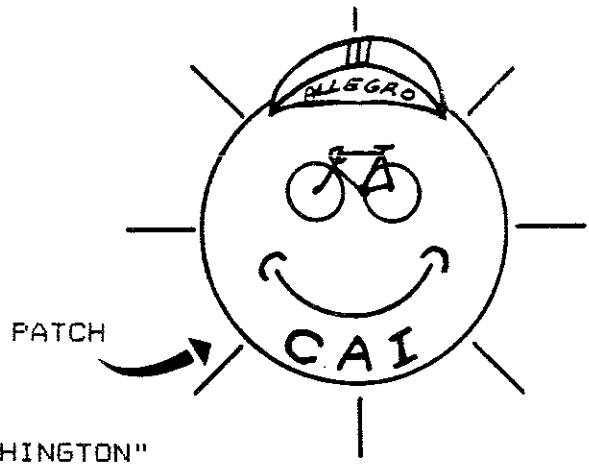
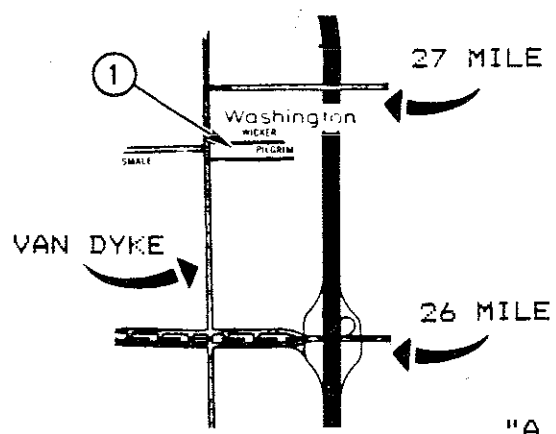
The Burger King across from the University Mall was a welcomed sight, and as I pulled up to my waiting car, I checked my odometer - almost 35 miles - 1/6 the TSDRV distance, and for the first time I was grateful that they rejected my application. They must really know what they are doing.

While I was loading my bike into my hatchback, I noticed that Denise was joining the "A" riders for the ride back to MCCC, as I waved good bye. Mike, handed me the latest CRR ride schedule. I will look at it tomorrow.

OFFICIAL ENTRY BLANK

FOR THE JUNE 7th

CAPTAIN ALUMINUM INVITATIONAL VI



"A DAY IN WASHINGTON"

* The Invitational is held in conjunction with Washington's annual "Open House". There are many groups that sponsor events. The Washington Township Volunteer Fire Department's all you can eat pancake breakfast is a great way to meet all the other cyclists and start the ride. The Washington Historical Society has an Art Fair and a Revolutionary War encampment demonstrating tanning, cooking, woodcarving, weaving and tinsmithing. Finally, the Washington Lions Club's horse show and delicious Chicken BB-Q is a great way to end the ride.

* Breakfast will be served at the Washington Township Firehall (1), 8100 Wicker St. The cost is \$2.50. Arrive by 8:00 if you wish to eat at the firehall.

* The Invitational is a 55 mile loop of easy terrain. The course is flat, except for a few hills on Rochester Road. It goes through eight small towns so food and rest stops are not a problem. The ride starts after breakfast at 9:00 from the firehall. Maps are available at the firehall and best part of the ride is that it's free.

* A Supertourist ride of the Invitational will again be led by General Touring A.K.A T.J. Hill and the Wolverine Sports Club. NOTE: This is a fast ride. Supertouring begins at 7:00 sharp at the Northwood Shopping Center parking lot located at the southwest corner of 13 Mile and Woodward in Royal Oak. Breakfast rendezvous at the firehall at 8:15.

* Questions will be answered by sending S.A.S.E. to Captain Aluminum Invitational, 206 S. Connecticut Royal Oak, MI 48067 or calling 541-8019.

