

MAY 1988

36558 MORAVIAN DRIVE, MT. CLEMENS, MICHIGAN 48043



CLINTON RIVER RIDERS

President:	Michael Holden	398-1677
Vice Pres:	David Heck	254-1868
Secretary:	Heidi Heck	254-1868
Treasurer:	Warren Berthelsen	781-6706
Historian:	Bob & Rose Goebel	286-0384

Next Meeting - Monday, June 6, 7:00 p.m. at the Fraser Public Library, located on 14 Mile Rd. west of Utica Road.

New Members - The Clinton River Riders would like to welcome nine new members to the club; Kevin and Debra Dutcher, Steve and Julie Hartig, Carol Trombley, Jim & Judy Van Scott, Judy Reaume, Paul and Jean Patterson, Rod Perkins, Jason Fierst, Kenneth Bowen, and welcome back Dennis Van Stee. We hope that you enjoy a fine season of cycling.

FROM THE DESK OF THE PRESIDENT

Greetings everyone!

I would like to thank all the members who have come out to the rides. Participation and enthusiasm is what makes being a club member enjoyable.

The Blue Water Ramble application is completed and will be printed soon. Thanks to Rick Moorman, Andy Neumann, and everyone who helped design it.

Speaking of the Blue Water Ramble; A Chairperson is still needed to oversee the various committees. Sign-up sheets are now being circulated for volunteer workers, such as rest stops, sag, registration, etc. This is the event that provides the funds for the clubs activities, newsletter, club jerseys, jackets, meeting place rental, hot line, and so on. Therefore I would like everyone to give at least one day to the club, Sunday October 2, and help produce the best Blue Water Ramble ever! Either call me or come to a meeting and decide how you can help.

We have applied to L.A.W. and Bicycling magazine for the Blue Water Ramble to be part of Bicycling's Century Challenge.

The participation awards program is being finalized now and the hope is to provide incentives for specific mileage and give riders a goal to shoot for. To clear up some confusion - all Club rides advertised either in the newsletter, hotline or both are worth full milage points for participation. If we advertise it and you ride it, you get credit.

We now have an awards committee - Ed Gosten, Sue Pavlat, and Doris Mulligan - that will acknowledge various noteworthy and/ or dubious distinctions. Examples would be: most improved rider, biggest club booster, crash gordon, first century of a lifetime, and so on. Please pass on any suggestions or nominations to this committee.

Happy Cycling,
Mike



AMENDMENT OF THE BYLAWS - At the May meeting it was proposed to amend the present bylaws by changing the name of the Vice-President to Ride Director and Historian to Newsletter Editor, to Article VII, Section 5 of the bylaws. As stated in Article IX in the BYLAWS OF THE CLINTON RIVER RIDERS, a majority vote of the attending membership at the June meeting will decide the outcome.

FROM THE BIKE OF DAVE HECK - The first Clinton River Riders Time Trials for 1988 was a big success. We have a date for the second time trial in the series. It is Sunday, June 26. Same place and format will be followed. Starting positions will be determined by placement positions in the previous time trial, last going first, and first going last; anyone competing for the first time will follow the first place finisher from the last time trial. Well it is time to start thinking about the clubs annual 200 mile ride. This year I would like in-put from the people who are planing on riding. The tentative date is Saturday, June 25. Please contact me before the June club meeting if you are interested. The information for the ride will be in the June newsletter.

There are not many 200 mile rides in the area, so we will be organizing our own. There are plenty of 100 mile rides put on by our club and others. This year the bike club would like to offer to anyone interested, a supported 100 mile ride. It would be run in the same format as the 200 mile ride. We are thinking of putting this on a Saturday or Sunday in August. More information will be in the newsletter.

THE BIG MAC ATTACK - This is a four man team time trial, 176 miles usually it is in the middle of September. If we want to do a BIG MAC ATTACK, now is the time to start training for it. If you are interested please contact me.

ARTISTS AND DOODLERS -It is time for club members to start your doodling and come up with a patch and T-shirt design for this years Blue Water Ramble (BWR). We will be holding a vote in a few months to pick this years design.

CLUB SWEATSHIRTS AND SWEATPANTS - Anyone who would like a club sweatshirt or sweatpants can do so by mailing a check to Denise Cryderman, 18618 Davidson, Fraser, MI 48026 or by attending the June meeting where orders will be taken. Please make checks payable to: The Clinton River Riders. The 50/50 polyester/cotton blend sweatshirts will be red with the club logo silk screened on the back. The adult sizing chart is:

<u>SWEATSHIRTS</u>		<u>SWEATPANTS</u>	
S 34-36	XL 46-48	S 28-30	XL 40-42
M 38-40	2X 50-52	M 32-34	2X 44-46
L 42-44	3X 54-56	L 36-38	3X 48-50

The cost for a sweatshirt is \$7.50, for the sweatpants \$6.50, so for only \$14.00 you can have a complete warm up. For 2X or 3X sizes add \$2.00 for the sweatshirt and \$1.50 for the sweatpants. Deadline for orders will be Monday, June 20.

SUMMER PICNIC - A chairperson is needed to plan this year's annual club picnic. Anyone who would like to organize this event please contact a club officer.

MS 150 MEETING - There will be a meeting on Monday May 23 at 7:00 p.m. at Andy Neumann's home for all volunteers who will be ride leaders, etc., for the MS 150 to go over the details of the ride. Before meeting, please call to confirm your status as a ride leader and for directions. 756-3369

ASSISTANCE NEEDED - The Troy Cub Scouts will be holding a "Bicycle Rodeo" on Saturday June 11 from 1-4. If Club members could assist in helping with the 7 skills test, and to teach bicycle safety to the scouts, it would be greatly appreciated. Please contact Patti Brehler at 288-6739 by June 1.

WANTED - A ride to the following Bike races, Sunday, May 22, Grand Haven - Sunday, June 12, Cedar - Sunday, June 24, Ann Arbor. Please contact Eric Berthelsen at 781-6706.

INTERVIEW OF THE MONTH - by Claudia Dominick

At the end of the May monthly meeting, I chatted with Curt Best of our club. Curt is a Physical Therapist. His wife's name is Kathy and they have a daughter named Kathleen who is 3 1/2 years old, and loves her dad to pull her in the buggy. Curt has been a runner and has been in triatholons, but his greatest enjoyment is cycling. He's been cycling for about 10 years. In the last 3-4 years, he has gotten serious about riding. He enjoys riding with groups and would like to get more involved in organized rides.

Curt - Thank you for taking a few minutes to get to know you better.

Editors Note: Claudia Dominick will be doing a interview of a club member each month, and will be giving a brief description of this person to the club in the newsletter.

Dear Clinton River Riders,

I would like to thank the Club for all the friendship and support you gave me at the time of my mothers death. The donation to my mother's church was appreciated by the family.

Sincerely,

Rose Goebel



CLUB RIDE SCHEDULE

PLEASE CALL THE CLUBS HOT LINE (792-4670) BEFORE A SCHEDULED RIDE FOR ANY LAST MINUTE CHANGES.

PACE - The speed ridden at while moving - NOT the average speed.

Sunday May 8 - Jerry Pavlat's Annual Castle Ride - meet Jerry at Pavlat's Bicycle Shop at 8:00 a.m. for a 30 mile, 13-14 mile pace ride.

Saturday May 14 - Jim Wright will be leading 60 mile ride, 15-17 mph. pace, leaving Utica High School, 21 and Shelby Rd. leaving at 8:00 a.m.. In case of rain this ride will be cancelled.

Sunday May 15 - Barb Berthelsen will be leading a 30 mile ride at 8:00 a.m. from the Utica High School at a 14-15 mph. pace to Romeo High School for a pancake breakfast.

Sunday May 15 - Ray Dominick and Rich Dyer will be leading a 16-17 mph. pace ride leaving from the K-Mart parking lot at 23 and Gratiot, at 6:30 a.m., The ride will go to Romeo High School for a pancake breakfast at 8:00 a.m. and then will continue to Dryden, Armada and back to the start point. Approx. 80 miles.

Saturday May 21 - Meet Curt Best and Bob Crowley at the Grosse Pointe South High School parking lot, Fisher Rd. and Kercheval, at 8:00 a.m. for a 40 mile ride, through the Pointes. 15-16 mph pace

Sunday May 22 - John Edry will be leading "Mean Suzie's Mount Mitchell Training Ride". Meet at the A&P off Rochester Rd. north of University Rd. in Rochester at 6:30 or 8:00 a.m.

6:30 a.m. loop 1 - 23 miles.

8:00 a.m. loop 2 - 77 miles

Romeo 8:30 30-40 mi Barb B.

Sue Pavlat will continue to ride after the full 100 miles, anyone wishing to ride with her is welcome too.

This ride is meant to be a hilly ride!!

Saturday May 28 - Jim Wright will be leading 60 mile ride, 15-17 mph. pace, leaving Utica High School, 21 and Shelby Rd., leaving at 8:00 a.m.. In case of rain this ride will be cancelled.

Sunday May 29 - Heritage Festival Ride - Meet Ed Gostin at the public parking lot on East Street in Rochester (1 block east of Main between 4th. and University) at 10:30 for a 15-20 mile ride at a 13-15 mph. pace through the Rochester area. After the ride we will visit the Heritage Festival (bring walking shoes) to browse, eat, and to hear local duet Calico (Karen and Vincent Sadowsky) perform (2:00-3:00 p.m.)

Monday May 30 - Mountain Bike Monday Ride - 8:00 a.m. rain or shine, mud or dust. Meet ride leader Andy Neumann at the West Branch parking lot in Stony Creek Park for a fun filled day in search of adventure where the pavement ends.

Saturday June 4 - MAGIC RIDE - Holt, MI - The MAGIC RIDE is an annual fund-raising drive and bicycle tour held for the prevention of child abuse and neglect. The MAGIC RIDE offers six routes of varying distances for both experienced bicyclists and novice riders. Club members meet at the registration desk at 7:30 a.m.

Mass start at 8:00 a.m.. Applications are available at Pavlat's.

10:30 Pavlat's 80 mi 5:00 29 of U.D. 40 mi to Lake Orion 16-17 mph



Sunday June 5 - John Edry will be leading a 15 mile ride at a 15 mph. pace from Pavlat's at 6:30 a.m. to Washington for the annual pancake breakfast. Following breakfast the annual "Captain Aluminum" ride will begin. This is approximately a 60 mile loop. (Wear club jersey's)

CRR WEEKLY RECURRING RIDES

Tuesdays - 6:00 p.m. - Meet your ride leader, Gary Haelewyn at Pavlat's, for a 25 mile ride to Metro Beach and back. This is an easy pace of 13 to 15 mph. A good ride for families.

Thursdays - Two paces, John Edry 6:30 p.m. 18+ mph. pace and Doris Mulligan 6:00 p.m. for a 15-17 mph pace. Meet at the bank at 17 Mile and Garfield for a ride to Stony Creek and back. (Approximately 30 miles.)

Fridays - 6:00 p.m.- Meet your ride leader Doris Mulligan in the northeast corner of MCCC South Campus parking lot, for a 15 to 17 mph. pace to Grosse Pointe for ice cream.

RIDES SPONSORED BY OTHER CLUBS

May 21-22 - WOLVERINE 200 - Detroit - A personal achievement ride. 24 hr. marathon on Belle Isle. Sponsored by the Wolverine Sport Club.

May 22 - IMLAY CITY BIATHLONS - Location: Fairgrounds, Imlay City
Length of Race: Long course: 3.4 mi. Run - 30 mi. Bike - 3.4 mi.
Run, Short course: 1 mi. Run - 10 mi. Bike - 1 mi. Run.

June 4 - MAGIC RIDE - Holt, MI - The MAGIC RIDE is an annual fund-raising drive and bicycle tour held for the prevention of child abuse and neglect. The MAGIC RIDE offers six routes of varying distances for both experienced bicyclists and novice riders. Applications are available at Pavlat's.

June 5 - ASSAULT ON MT. MITCHELL - Any one interested in attempting the Assault on Mt. Mitchell in North Carolina contact Sue Pavlat at 792-4040

June 5 - FARM LAKE TOUR - Plymouth MI - 20, 31 & 62 mile rides. Pre-registration only, May 23 deadline. Sponsored by the Cycling Saddlemen Bicycling Club.

June 11- 100,000 Metre T-Shirt Ride - Tour rural Clinton, Ionia, and Eaton Counties. Sponsored by, The Tri County Bicycle Assoc.

June 25 - July 1 - PALM - Pedal Across Lower Michigan - This years tour is filled.

July 9 - ONE HELLUVA RIDE - Chelsea Michigan -Four routes, 35, 50, 74 and 106 miles. Sponsored by the Ann Arbor Bicycle Touring Society.

July 23 - WOMEN ON WHEELS BICYCLE TOUR - Mason, Michigan - Three routes, 15, 30, and 50 mile loops. Sponsored by the Tri-County Bicycle Association.

July 24 - Ride Around Torch - Elk Rapids, MI - Three routes of 25, 62 and 100+ miles. Sponsored by the Cherry Capital Cycling Club.

July 31 - August 6 - Shoreline Bicycle Tour - A seven day tour from Three Oaks, MI to Traverse City, MI, approx. 50 mi. per day.
August 7 - River Raisin Tour - 31, 62 and 100 mile routes. Sponsored by the Monroe County Cycling.
August 20-21 - Assenmacker 100 - Swartz Creek MI - 50, 100, 200k & 100 mi. routes in Genesee, Livingston & Shiawassee Counties.
August 31-September 4 - DALMAC - A four and five day tour from Lansing to St. Ignace MI.
September 25 - Apple Cider Century - Three Oaks, Michigan- Routes of 25, 50, 75, and 100 miles.

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

VIDEO LIBRARY - It was proposed and voted on at the May monthly meeting, that the club will set-up a video library of cycling related videos. Club members will be able to borrow the tapes. More information to follow.

THANK YOU - To Joe DeOro for leading the Harsen's Island Ride for me in April. I understand that you were an excellent ride leader, keeping the group together and holding a steady pace.

Bob Goebel

The Race of Truth by Ed Gosten

Thirty six riders braved a cold and windy Sunday morning to test their abilities in the first of the Clinton River Riders Time Trial Series. The event began with a warmup ride from Utica High School to Stony Creek boat launch, where an additional group of riders had arrived for the able staff of Dave Heck, Chief Timer and Head Cheerleader, Jerry Pavlat and Warren Berthelsen, assistant timers, Mike Holden chief photographer and assistant cheerleader and holders Ron Skiba and myself, assembled at the starting line. The time trials officially began with Frank LoPiccolo in the lead off position. After the last rider finished and the results tabulated, Nate Fitzpatrick emerged as the victor. Sue Pavlat was the fastest women rider (and 8th. overall), and the Rich Dyer/Ray Dominick duo held the unique distinction of being both the fastest and slowest tandem team. Those who had enough energy left, ventured out for a journey through the country side to Romeo and back to the starting point. Mark your calendars! The next time trial is scheduled for June 26.



CLINTON RIVER TIME TRIALS RESULTS
 April 17, 1988 - 12.1 Miles - STONY CREEK

NAME	ELASPED TIME	AVERAGE SPEED
1 Nate Fitzpatrick	33:58	21.37
2 Ted Gondert	34:25	21.09
3 John Edry	35:29	20.46
4 Art Anderson	35:44	20.32
5 Bob Crowley	36:40	19.80
6 Eric Berthelsen	37:42	19.25
7 Mark Krauzowicz	37:53	19.16
8 Kevin Morrison	38:52	18.67
9 Bob Latsko	38:58	18.63
10 Mike Boden	38:59	18.62
11 Greg Robitaille	39:26	18.41
12 Jim Cramer	40:07	18.10
13 Andy Neumann	40:27	17.95
14 Rick Moorman	40:28	17.94
15 Steve Wilde	40:42	17.84
16 Curt Best	41:04	17.67
17 Gary Haelewyn	41:26	17.52
18 Frank LoPiccolo	41:50	17.35
19 Jim Lucchesi	42:17	17.17
20 Jim Wright	45:36	15.92
21 Lance Lehrman	45:41	15.89
22 Bob Goebel	47:27	15.30
23 Ken Koch	49:39	14.62
WOMEN		
1 Sue Pavlat	38:26	18.88
2 Patti Brehler	38:50	18.69
3 Emalee Newbound	43:51	16.55
4 Doris Mulligan	44:16	16.40
5 Kristin Berthelsen	47:20	15.34
6 Claudia Dominick	50:18	14.43
7 Rose Goebel	50:42	14.32
8 Lisa Koch	50:54	14.26
9 Heidi Heck	52:22	13.86
10 JoAnn Doran	55:29	13.08
TANDEM		
1 Rich Dyer/Ray Dominick	35:21	20.53
CLUB'S AVERAGE SPEED		17.01114



So you ace's want to know how you compare to the worlds best?
 Here are some results from two time trial stages in the 1987
 Tour de France: *

Stage 1 Prolouge TT, 6.1km. (3.78 mi.)

1 Jelle Nijdam	7:06.07	(31.95)
2 Lech Piasecki	7:09.00	(31.73)
3 Stephen Roche	7:13.02	(31.44)

Stage 10 Saymur -Futuroscope TT, 87.5km. (54.25 mi.)

1 Stephen Roche	1:58:14	(27.53)
2 Charly Mottet	1:58:56	(27.37)
3 Jerper Skibby	1:59:07	(27.32)

*Source: "Winning Bicycle Racing Illustrated" Oct, 1987

by Ed Gosten

In Memory of a Friend

Sylvester "Sal" Arietta, a member of the Clinton River Riders, died Wednesday, April 20, 1988 from cancer. Sal was only 46 when this terrible disease took another person's life. He had fought, for almost two years, with every bit of courage a person could have to try and to be one of the few survivors from cancer.

Sal faced two major surgeries, chemotherapy and drugs in his battle. In October 1986, Sal underwent his first surgery on his lung and three ribs. His recovery was remarkable and by the spring he was back at Vic Tanny's walking and doing stretching exercises. He was getting slowly back into biking at Stony Creek with me. However, in August 1987, Sal was to face another surgery for cancer this time on his pancreas. After that incident the struggle became more difficult, although Sal still hung onto his belief that he could be a winner.

Sal had recently retired from the East Detroit Police Department, where he had risen through the ranks to become a lieutenant. He had served for twenty four and one half years. Our family always enjoyed his visits on Sunday nights, occasionally when he was on break; he shared a cup of tea with us and usually had a tale or two to tell that brought laughter to us all on those cold winter nights.

Sal was involved in many outdoor activities. He excelled in running, having ran two marathons in his lifetime. He was also part of the police group that ran from the upper peninsula through the lower peninsula for the Special Olympics.

He was always willing to lend a helping hand to anyone who needed it. He was one of those people in life who always had a smile on his face and a twinkle in his eye. A really pleasant person that you felt lucky to have known.

As fate would have it, on the day of Sal's funeral coming out of the chapel a runner was passing by and one couldn't help but look at him and think, go for it; run that extra mile for Sal.

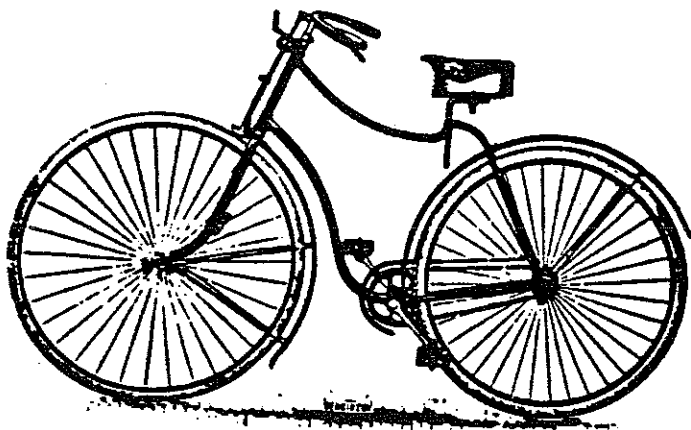
Bob Schwartz

Editors Note: Sometime in the fall, Bob Schwartz would like to lead a ride, in memory of his good friend Sal.

May 1988

PLEASE CALL THE CLUB'S HOT LINE 792-4670 BEFORE A SCHEDULED RIDE FOR ANY LAST MINUTE CHANGES.

SUN MON TUE WED THU FRI SAT



1	2	3	4	5	6	7
8 TORSV Castle Ride 8:00 a.m.	9	10 Metro Beach 6:00 p.m.	11	12 Stony Creek 6:00 p.m. 6:30 p.m.	13 Ice Cream Ride 6:00 p.m.	14 8:00 a.m. Utica H.S.
15 Pancake Breakfast 6:30 a.m. 8:00 a.m.	16	17 Metro Beach 6:00 p.m.	18	19 Stony Creek 6:00 p.m. 6:30 p.m.	20 Ice Cream Ride 6:00 p.m.	21 Crosse Pte. High School South 8:00 a.m.
22 Susie's Mt. Mitchell training ride 6:30 a.m. 8:00 a.m.	23	24 Metro Beach 6:00 p.m.	25	26 Stony Creek 6:00 p.m. 6:30 p.m.	27 Ice Cream Ride 6:00 p.m.	28 Utica H.S. 8:00 a.m.
29 Ride to Heritage Festival 10:30 a.m.	30	31 Metro Beach 6:00 p.m.				

June 1988

SUN MON TUE WED THU FRI SAT

PLEASE CALL THE CLUB'S HOT LINE 792-4670 for any last minute changes.

			1	2 Stony Creek 6:00 p.m. 6:30 p.m.	3	4 Magic Ride Holt Mich. 7:30
5 Pancake Breakfast 6:30 a.m. Captain Aluminum	6	7 Metro Beach 6:00 p.m.	8	9 Stony Creek 6:00 p.m. 6:30 p.m.	10	11
12 Call Hot Line 792-4670	13	14 Metro Beach 6:00 p.m.	15	16 Stony Creek 6:00 p.m. 6:30 p.m.	17	18
19	20	21	22	23	24	25
26 2nd. Time Trial Stony Creek	27	28	29	30		

