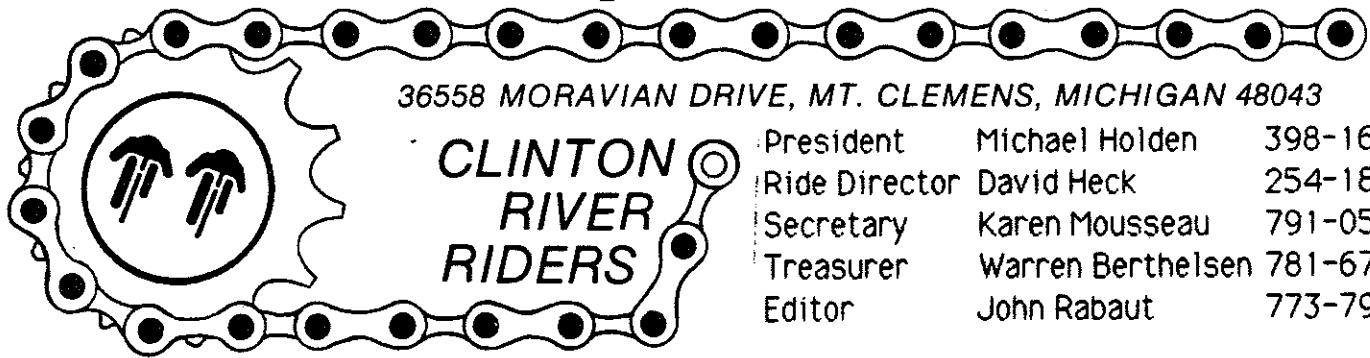


May 1989

5-11-89



Next Meeting: Monday, June 5, 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 Janet Fowler, Greg, Jen, & Rae Franczak, Kent Grathwohl, Robin L. Hocker, David & Susan Hrit, Rod Klann, Neil Kocsis, Tony Solomon, Richard I. Sweet, Jane Queen, and Mark Vestefano. 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:

Riding season is fully underway. Tuesdays, two rides on Thursdays, and Fridays are now on regularly. Sundays and most Saturdays have rides too! There's something for almost everyone.

Please re-read your ride decorum. If you can ride comfortably at 15-17 mph, don't come out to a 20+ mph pace ride and expect them to slow down for you. The same goes for coming out to a slower ride (13-15 mph). Plan to ride at that slower pace to help and encourage others. Remember, you had to start somewhere too.

Special congratulations to Stephanie Wright, 5 years old, who I believe is the youngest rider to pedal throughout one of the club rides - a hilly one at that!

Best wishes and speedy recovery to Mama Dominick who recently underwent knee surgery - Get well soon.

The May meeting featured a special slide presentation by Dave Smith. This was the slide show from the Bike Club Feast and was well worth watching. The June meeting will have another speaker - Mr. Rick Delorme from Oakland University. Mr. Delorme has worked with such notable cyclists as Mike Secrest, our own David Heck, and Jerry & Sue Pavlat.

We have an award committee for 1989 - Sue Pavlat, Doris Mulligan, and Judi Van Scott. Thank you for volunteering. Also, if has any suggestions, serious or humorous, please pass them on to this committee.

Remember to work on your BWR patch and T-shirt designs for the July meeting.

Also, remember that Wednesday, May 17 is National Bike to Work Day.

Happy Cycling,
Mike



From the Road,

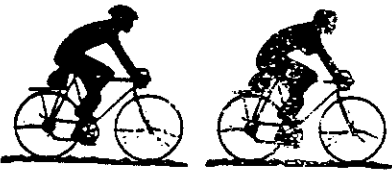
-The first time trial was a great success. Congratulations to all who participated. Thanks to those that helped.

-The next time trial will be on Sunday, June 25, 1989. Details will be in the June newsletter.

-We are looking for volunteers to lead the club "Damn Long Ride" (200 miles). Date suggestion would be the first weekend in July (07/01-02).

-We have new rider forms. You can pick them up at any meeting.

Keep on pedaling,
David



C.R.R Weekly Recurring Rides

All weekly recurring rides are now in full swing

Tuesdays - 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 ride of 13-15 mph. A good ride for families.

Thursdays - 2 paces both begin at 6:00 p.m. However, as of June 10, the fast pace group will be leaving at 6:30 p.m.

15-17 mph pace - Meet your ride leader John Edry at the bank at 17 mile and Garfield for a ride to Stony Creek and back. Approximately 30 miles.

20+ mph pace - Meet your ride leader Mike Boden for the same ride as mentioned above. Please, note the difference in the pace. The pace was increased from 18+ to 20+.

Friday - 6:00 p.m. - meet your ride leader in the North East corner of MCCC South Campus parking lot for a 15-17 mph. pace to Grosse Pointe for ice cream.

Club Events

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

Sunday, May 14 (Mother's Day) - Meet your ride leader Jerry Pavlat for his annual Mother's Day Castle Ride. Call the hotline for more details.

Sunday, May 14 (Mother's Day?) - "One 'Mutha' of a Ride" or "High Intensity Mt. Mitchell Training ride." 2 loops.

Loop#1 - At 6:00 a.m., meet ride leader Sue Pavlat at the A&P on Rochester Rd. - north of University - in Rochester for a 30 mile hilly ride.

Loop#2 - Meet the group at 8:00 a.m. at the same A&P for the second loop which will be a 70 mile intense hilly ride.

Please note: This is a high intensity training ride so there will be Minimal stops, No restaurants, and No sympathy. Pace unknown. Tune in next month for the results.

Sunday, May 21 - "Let's Go Mountain Biking." Wes and Sharon Watt will lead a bike ride around Highland Recreation Area located on the south side of M-59 approx. 1 mile west of Bogie Lk. Rd. and the Alpine Ski Area. Meet in the first parking lot inside the park approx. 3/4 mile from the entrance at 9:00. The ride is 6 miles of hills, woods, & mud with an average pace of 6-10 mph. P.S. No restaurants - bring snacks and water.

* A State Park Sticker is needed to enter. The park is close to the Pontiac Rec. Area.

Sunday May 21 - Dearborn or Plymouth to Ann Arbor via Matthaei Botanical Gardens and lunch in Ann Arbor (Bicycle Jim's)

-Start: Meet John Edry at Dearborn Amtrack Station - one bk. south of Michigan, west of Greenfield - at 8:00 a.m. **SHARP**. 85 miles round trip.

-Optional Start: 9:15 at Kellogg Park, Plymouth - North East corner of Ann Arbor Trail & Main Street. 40 miles round trip.

-Route: Leave Dearborn to Plymouth then to Matthaei Botanical Gardens - East of Ann Arbor. Finally, to Bicycle Jim's. Return to Plymouth then Dearborn.

-Pace: 17-18 mph between Dearborn & Plymouth

14-15 mph between Plymouth & Ann Arbor

-Directions to Kellogg Park - Suggest I-275 to Ann Arbor Rd. Turn right (West) 1.5 miles to Main street, turn right .8 mile (North) to Ann Arbor Trail.

*There is a conservatory so bring the one dollar admission if you wish to tour it.

Sunday, May 28 - Meet ride leader Jim Wright at 8:30 a.m. at Romeo High School for a 50-60 mile ride. The pace will be 14-16 mph. The first part of the ride will be hilly and the second part will be flat. Two stops:

1) Dryden 2) Blakes

Call 264-3362 if raining

Monday, May 29 - "Mountain Bike Monday II." Meet Andy Neumann at 8:30 a.m. at Stony Creek's West Branch. Mileage ? / Pace ?.



Events Sponsored By Other Clubs

May 21 - Vlastic Foods 5th Annual Run-Bike-Run: It begins at 8:00 a.m. at the fairgrounds in Imlay City. Sponsored by Imlay City Community Education.

Long course: 4.0 mile run - 30 mile bike - 2.5 mile run.

Short course: 2.0 mile run - 10 mile bike - 1.0 mile run.

Bike helmets are required. For more information, call Bob Kosen 774-9855

June 4 - The 9th Annual Captain Aluminum Invitational - The CAI is a 60 mile route which begins at 9:00 at the Washington Twp. Firehall. A 100 mile route will be available through the Wolverine Sport Club which will ride to and from the CAI. Registration is \$5.00 in advance or \$7.00 the day of the ride. Advance registration is recommended. For more information contact Leonardo Gianola (313) 541-8019

June 4 - Farm-Lake Tour - Takes place in Plymouth and offers 3 routes of 20, 31, and 62 miles. Includes: map, cue sheet, patch or pin, lunch, road snacks, and sag. For more info, contact Edie Bozanich, P.O. Box 2449, Dearborn, MI. 48123 or (313) 581-1341

June 4 - Crossroads Village Adventure, Flint, MI. Registration begins at 7:00 a.m. \$8.00 pre-registered, \$9.00 day of the ride. 3 routes of 25, 50, and 100 miles are offered. The terrain is flat to rolling. Send S.A.S.E. for applications to Crossroads, 1369 Martha Ave., Burton, MI. 48509

June 10 - Magic Ride - Holt, MI. This is an annual fund-raiser for prevention of child abuse. Routes of 5, 10, 15, 25, 50, and 100 miles are available. Please read the article at the end of this section for more details on this very important event.

June 17 & 18 - The MS 150 Bike Tour - Grand Rapids to Livonia - More information will be coming in the next newsletter

June 17 & 18 - Michigan National 24 hour Marathon - Byron Center, MI. - In this "personal best" event, riders receive certificates of verified mileage, a copy of the results, and their name and mileage included in the "Record Book." Contact Diane Obermeyer, 2212 College SE, Grand Rapids, MI. 49507 or phone (616) 241-1969.

June 25-July 1 - P.A.L.M. (Pedal Across Lower Michigan) - Family oriented bicycle tour of the rural backroads and by-ways across lower Michigan Includes: sag, maps, baggage transport, and much more. Contact Craig Waters, P.A.L.M., P.O. Box 7161, Ann Arbor, MI. 48107 or phone (313) 761-8265

June 30 - July 4 - L.A.W. National Rally '89 at Salisbury State University in Salisbury, Maryland. The National Rally is the grand event for bicyclists of the year. At this year's rally, you'll find workshops (over 60 of them), meetings, rides (40 separate routes), entertainment, and other activities that run from dawn 'til dusk. For more information, write L.A.W. National Rally '89, Salisbury State University, Salisbury, MD. 21801-6837 or phone (301) 543-6012

July 1 - Liberty Tour, Bay City, MI. Sponsored by the Tri-City Cyclists. Routes of 38, 62, and 100 miles. Held in conjunction with the Bay City fireworks. Contact Carol Eldridge P.O. Box 2156, Bay City, MI. 48707 or phone (517) 684-7903

July 22 - W.O.W. (Women on Wheels) Mason, MI. - Contact: TCBA W.O.W.I, P.O. Box 13001, Lansing, MI. 48901 or phone (517) 882-3700.

July 23 - R.A.T. (Ride Around Torch lake) - Sponsored by the Cherry Capital Cycling Club. Popular Club Ride! Registration forms will be available at meetings.

August 13 - River Raisin Tour - 30-60-100 mile routes through Monroe, MI. Hot lunch for ALL registered riders. 1000 rider limit. Contact Terry Gerweck, P.O. Box 172, Monroe, MI. 48161 or phone (313) 243-0919.

September 14-17 - International Human Powered Speed Championship - This Event, hosted by the Michigan Chapter of IHPVA, takes place in 2 areas. September 14-16 at Michigan International Speedway, Brooklyn, MI. for the land competition which includes 200 meter time trials, 1 hour time trials, and road races. September 17 is held in Adrian, MI. for the water and all-terrain events. For more information, write 15th Annual IHPSC info c/w IHPVA P.O. Box 81295 Indianapolis, IN. 46251-0295.

Magic Ride:

Over 2,000 bicyclists from across the state are expected to participate in the 7th annual "Magic Ride" bicycle tour and fundraising drive. The ride is sponsored by State Representative Debbie Stabenow for the prevention of child abuse and neglect and will be held on June 10th at Holt High School (south of Lansing). The magic ride gives persons across the state an opportunity to help prevent child abuse in their own communities, since pledges raised by riders are returned directly to local child abuse prevention councils in the rider's community. In six years, the "Magic Ride" has raised more than \$450,000, making it the largest child abuse fundraiser in the state!

The "Magic Ride" offers 6 routes of varying distances for both experienced bicyclists and novice riders. Those who pre-register receive a free t-shirt, rest stop refreshments, and lunch donated by Krogers and Domino's Pizza. It is also a day of family activities. The 1989 ride will feature a magic show by Ronald McDonald, Moonwalk by Wade Shows, and children's crafts sponsored by the Holt Jaycees.

Pledge forms are available at club meetings or participating McDonalds and AAA offices statewide. If you would like to volunteer or contribute, please contact Holly McMurtrey, Magic Ride Coordinator (517) 373-1659

Is There Anybody Out There?



— Anyone interested in a weekend bike camping trip to Metamora-Hadley State Park call Gary Haelewyn at 286-5094 by June 26. The park has modern campsites and a lake for swimming & Fishing. This was the first stop for Duane and E.A. on their way to Alaska. I'm currently looking at July 15-16 or July 29-30.

— Anyone interested in a ride from Port Huron to Port Austin contact David Shaw at 759-3353. We will spend the night in Port Austin and return the next day. This would be some time in July or August.

Mountain Bike For Sale: Bianchi Grizzly 17 1/2 Excellent condition, one year old, \$450. Call 334-5156 in the evening.

Letters:

This is an edited version of a letter regarding the MS 150, of which the club is a partial sponsor, which was received by Andy Neumann and should be of general interest.

Andy,

If we as a club are going to continue helping the MS 150, we should have some say-so or input. I feel that on the entry form, there should be an area, box, or something that says that the rider or participant has a bike "safety" inspection BEFORE bringing his or her bike to the ride or participate in the event.

This is done (or should be done) for the "safety" of all involved (other riders as well as the rider of the bike and for the safety of the club members). It is a definite fact that pure garbage is brought out to do this ride, and a lot of bikes shouldn't be on the road. The club is taking a big liability and responsibility to allow this type of equipment out on the road. This, again, is for everyone's safety.

Thanks,
Sue Pavlat

Clinton River Riders - Time Trial Results

A special thanks to Warren Berthelsen, Frank LoPiccolo, Paul Passejna, and Ron Skiba for the help in running the time trial.

April 23, 1989 8:15am Stoney Creek 12.2 Miles
Temp: start: 27 finish: 35 Wind: NE - E 10-20

NAME	TIME	AVG. SPEED
William Guilbert	32:25	22.58
Mike Destefano	34:21	21.31 *
Bob Crowley	35:04	20.87
Jerry Pavlat	35:14	20.77
Ted Gondert	35:24	20.68
Tim Phillips	35:46	20.46
Mike Boden	35:58	20.35
Bill Crowley	36:12	20.22
Ed Gostin	36:18	20.16
Bob Kosen	37:12	19.68
John Edry	37:27	19.55
Neal Petty	37:28	19.54
Mike Holden	38:04	19.23
Jim Cramer	38:54	18.82
Eric Berthelsen	38:56	18.80
John Rabaut	39:20	18.61
Bob Latsko	39:39	18.46
Sam Coor	39:49	18.38
Curt Best	41:42	17.55
Ray Dominick	43:17	16.91
Stephen Angst	44:18	16.52
Jim Wright	46:07	15.87
Gary Haelewyn	48:05	15.22
Randy Blanchard	51:42	14.16

NAME	TIME	AVG. SPEED
Sue Pavlat	36:12	20.22
Marissa Coor	39:49	18.60
Kathryn Phent	42:12	17.34
Denise Cryderman	43:31	16.82
Sandra Studebaker	46:03	15.89
Claudia Dominick	47:29	15.41
Kristin Berthelsen	49:08	14.90
Heidi Heck	50:31	14.49
Lynn Boden	51:00	14.35
Sandy Ostrowski	51:56	14.09
Joann Doran	57:34	12.71

* Note: Not a member at time of time trial.

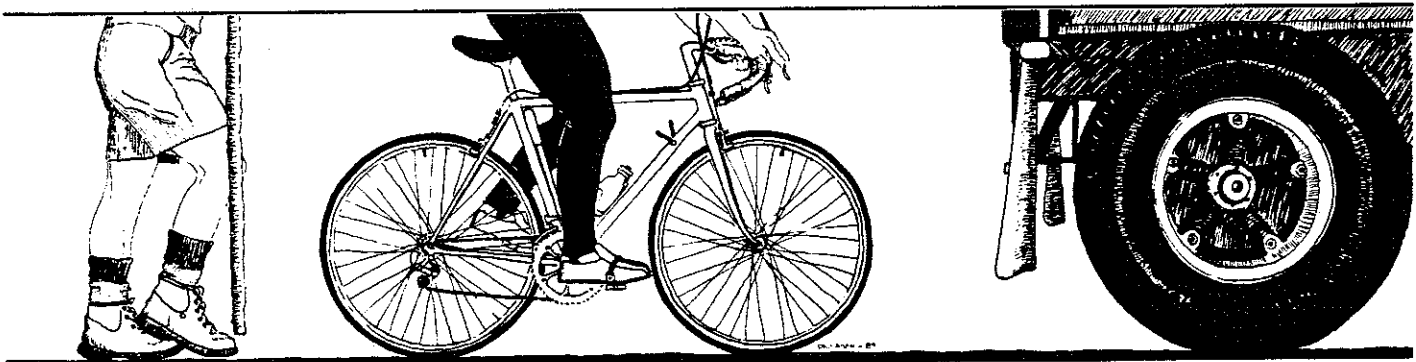
Club Ramblings

Not only is Stephanie Wright at 5 years old the youngest rider to pedal through a ride, but I have it from a reliable source that she's a speed demon as well. From what I gather, as the club made its way up a nice hill, she was overheard saying "Daddy, when are we going to go faster?"

Flat Tires from Hell part 2 - On the Metro Grand Spring Tour, 2 more club members on the 65 mile ride fell victim to the curse. Both Bill Crowley and Karen Mousseau (on a brand new bike no less) felt the sickening shudder of their rims as their tires deflated right beneath them. Bill Crowley's flat worked out well because it coincided with a broken chain on the Neumann/Dominick tandem.

We have new triplets in the club. No not new babys, but Heidi Heck, Denise Cryderman, and now Karen Mousseau all ride Trek 1400's. Remember, it's not where you ride; it's how you look getting there.

News Flash: Rumour has it that there is a lonely newsletter editor who's looking for hot copy. Anyone who knows of such "stuff," let him in on it - he's desperate!



Share the Road '89™

CAMPAIGN

