



May 1994

YOUR FIRST CENTURY

by Eric Noyes
(ernoyes@vela.acs.oakland.edu)

Now that I've done my first century ride (metric version), I'm highly qualified to bring you some notes about preparing your body for your own first century ride of your life (or this year.) My experience is based on completing the Metro Grand Spring Tour, or as Bill Duemling called it, the Metro Grand Tire Tour (three flats on six bikes). These notes are based on an article by Pamela Block (pamela@keps.com), posted on DRACO.ACS.UCI.EDU in the REC.BICYCLES directory. I'll conclude with some of my own observations.

ANYONE can do a century. It takes a little determination and with proper preparation can be relatively painless and quite enjoyable.

You may already be ready to ride 100 miles or you may have a long way to go. First you should look at your weekly mileage. Do you even know how much you ride each week? Keeping a log or a riding diary can be invaluable. Monthly calendars are helpful to record each day's total. You can then keep a tally for the week and month. There are special training diaries available if you want to keep track of more info, like

route, speed, temperature, moods, heart rate, etc. Looking back at logs over the years can also help you to gauge improvements or changes. If you are riding less than 100 miles per week, increase that mileage gradually to at least this level in the weeks prior to the event, riding at least 30 during the week, and 70 on the weekend. Of course, if you can do more, then do more!

There are many people who believe that you can ride far less than this and still complete the ride. Riders who can't find time during the week can do moderate length rides on weekends and still have hopes of completing a century. Ideally one should try to get out a couple of times during the week to keep the muscles loose and in shape. The more

(cont. next pg.)

NEXT MEETING:
June 6, 1994 at the
Mt. Clemens recreation
Center 300 Groesbeck
(at Lafayette)

President:
Elizabeth Nieman 752-2770
Ride Director:
Diane Baker 247-5694
Secretary:
Laurie Brickner 939-4670
Treasurer
Pennie Morauski 773-2213
Editor:
Lorie Kamm 777-8726
Co-Editor:
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Vicki Malloch 979-4076
Hotline: 792-4670

100 Years



you ride before the century, the less pain you are likely to experience during and after the ride. TIME in the saddle is an important consideration. Getting used to spending the day with the bike will help!

It is entirely possible to go out and "ride" a century with next to no miles in your legs, if you are determined enough. But you may want to give your bike away at the end of the ride :)

Try to increase the length of your longest ride toward the century mark gradually. Don't increase your longest ride from 25 miles to 70 in one week. Try to do at least a 70 mile ride prior to doing the century. Your pace on the 70 mile ride should be a good indication of your pace on the century.

Find hills and ride them, especially if you hate hills and don't think you are very good at them. Even if you are doing a "Flatter than a Pancake Century", riding hills will make you stronger.

Get your friends involved. It's always more fun to ride with others, so try to find people to ride with. It's much harder to NOT go riding if someone is expecting you. The ride will go faster if you have someone to talk to AND you can help each

other by drafting when it's windy.

A cycling club is a valuable resource. You will meet many like-minded people. It can also serve as a great source of information about routes, shops, equipment, fit, etc. And if your single, it's a great way to meet other singles :) You'll also meet veterans of centuries, who are full of advice (and other things :)

Eric's expert commentary: In general, this is good advice. I've been running for years, so maybe my legs are fairly strong since I didn't have the recommended mileage built up. I think that time in the saddle is very important. I also know the benefit of riding with others. Being with a group can make a long, into-the-wind haul, if not enjoyable, at least more bearable and something to laugh about later as a shared misery. My goal for this first century (metric) was to complete it and still be mobile and productive for the rest of the day. Other than being so relaxed on the drive home that it was a challenge to stay awake on I-75, I succeeded. Now I look forward to the next one!

METRO GRAND SPRING TOUR

by Ted Gondert

It was a cold & cloudy morning Sunday, May 1. The Metro Grand Spring Tour is scheduled and I'm

preregistered, number 3, so don't want to miss it. Called Bill Duemling, rider numbers 1 & 2, to ask if he was going. He said the weatherman say it's supposed to warm up with sunshine. I'm still looking for my winter bike clothes when his van gets here. After finding most of them I load up the bicycle and gear and we're off to Willow Metro Park, the start of MGST.

This will be the first big ride on the new wheel I built yesterday. Installed a new chain, freewheel, small chainring and gave it a good cleaning so it's running like new. We meet club members Doug & Laurie riding Doug's tandem, Tim & Darlene on Tim's tandem, Eric, Ed and Jerry Bartels at registration. When we're set to start, Doug discovers that the front brake spring is broken on his Schwinn tandem. We didn't know it then but it's a foreboding of events to occur. After looking at it nobody has an extra spring with them but Bill saves the day.

He had his tandem in the van but Chris didn't come so he lends it to Doug. Have to figure out how to switch the pedals from Doug's bike then Ed gets a pedal wrench from his van and changes them. Doug and Laurie adjust the seats and finally we are all ready to roll.

As we leave the park about 8:40 a.m. Doug turns to the left and a few other riders follow us. We remember going MGST and ask Doug if he is sure of his directions. He thought he (see Metro Grand)

Ride Schedule

Call the hotline (810) 792-4670 for updates.

Please ride safely. Wear warm reflective apparel and use lights whenever necessary.

Recurring rides for May

Tuesdays 9:00am. Meet George, Doug, or Greg at Schultz Funeral Home (8 1/2/Gratiot). 14-16, 30mi.

Tuesdays 6:00pm. After May 10, 6:30pm. Meet Warren Berthelsen at Pavlat's Clinton Twp. for a ride to Metro Beach. Pace 14-16, 25mi. (Warren is looking for someone to help lead this ride. Please call him if you can help.)

Wednesdays 6:00pm. Meet Rick Moorman at 17 Mile/Garfield behind the doctors office for a ride out to Stoney Creek. Pace 16-18mph, 25-30mi.

Thursdays 5:00pm. Meet Gary Haelewyn at KMart Headquarters back parking lot (Big Beaver & Coolidge). 14-16 pace, 20+mi. (After May 19 pace will increase to 16-18).

Thursdays 6:00pm. Meet George Zloitro and Dan Merchant at Pavlat's Two Wheel Authority in Royal Oak for a beautiful ride to Cranbrook and back. Pace 14-16 25mi.

Thursdays 6:15pm. Meet Rich Dyer at the New Baltimore Water Tower for a 30-35 mile ride. Pace 18-20.

Fridays 6:30pm. Meet John & Lorie Kamm at Marter and Jefferson for a ride through Grosse Pointe. 14-16 pace, 21mi.

Saturdays 8:00am. Meet Doug, Oscar, or Bill the Stoney Creek Boat Launch for a breakfast ride to Armada. 16-18 pace 45mi.

Scheduled rides for May

Sunday, May 8, 8:30am. Jerry Pavlat's Annual Mother's Day Castle Ride. Park at Allied Signal, 7000 19 Mile Road, West of Van Dyke. Park in "BACK" of lot. Please call Jerry to R.S.V.P. Easy pace 20-25mi.

Sunday, May 15, 8:30am. Meet Rick Moorman at the Dryden High School (Rochester Rd. North of Dryden Rd.) to Lapeer for Breakfast. 15-17 pace, 50+mi.

Sunday, May 22, 8:30am. Meet Dave & Sharon at Stoney Creek Boat Launch for a breakfast ride to New Baltimore. 15-17 pace, 55mi.

Sunday, May 29, 8:30am. Meet Duane & E.A. at Romeo High School (32 & Van Dyke) for a ride to Dryden. 14-16 pace, 40mi.

Sunday, June 5, 8:30am. Meet John Edry at the MSU Training Center for a ride to Clarkston. 14-16 pace, 56mi.

(Metro Grand cont...)

saw an arrow pointing to the left. After a couple miles the other riders turn around, we stop to look at the map and a sag truck tells us we're going the wrong way. So everyone turns around and we get rolling in the right direction. Doug must not have been used to the steering on that Santana tandem compared to his Schwinn. The clouds and cool wind haven't changed yet as we roll along, so nobody feels like going too fast. Then Eric gets a flat tire so everybody stops to wait, after changing the tube (a pinch flat) Bill helps him pump it up with his Zefal Doubleshot pump.

We finally get to the first rest stop and see Tim & Darlene. They went to the right at the start. Homemade cookies, bagels, pears, bananas, peanut butter & jelly, bread, lemonade, hot chocolate, etc. are available. After everyone has eaten, we see Bob Latsko and Donna roll in, so we chat a little then get riding. After a few miles the route splits for the century or the 65 mile. Because of the late start, clouds, wind and cool temperature we decide to go for 65 miles.

As we rode along a friendly dog decides to join the paceline. He runs along for a few miles running in and out of the paceline. Yelled "On your left" but the dog to the right last time on doesn't seem to understand. Fortunately no one runs into the dog as we decide to pick up the pace to drop him. Then my bicycle starts slowing down because the rear tire is going flat. Everyone stops as

I change the tube and the dog decides he's followed us enough. It had a hole from the rim because the rim strip I installed didn't fit well. Have to get some Velox rim tape or something but after reinstalling it carefully it works. Eventually we get rolling to the 2nd rest-stop to see Tim & Darlene again and eat some more bananas, then Bob Latsko and Donna arrive as we're leaving. Several miles down the road Bill hits a stone or something then sure enough he gets a flat. He puts in a new tube but when he pumps it up the valve stem leaks, so he gets out another tube and installs it.

Finally everyone gets rolling again toward the end. We get to Huron Metro Park about 5 miles from Willow Metro Park the start and finish of MGST. In the sky a yellow globe appears and shadows are cast. Since it's been a slow day anyway, we decide to stop at the rest-stop in Huron Metro Park although it's only 5 miles to the finish. When we got to Willow Metro Park, Bob and Donna were there, Tim and Darlene had already left. We signed out the registration and picked up our patches about 3:00 p.m.. Total time 6 hours 20 minutes for 65 miles gives us about a 10 mph average. That's almost fast enough for MS-150! I hope to ride faster on TOSRV next week.

Ed notices the tire on his van is low so he gets out his electric pump. I hope the MGST 94 won't set the standard for all the invitational rides this year. Bill called it the "Tour

de'Flat." It was hard to dodge all the pot holes. The weather was cool and cloudy but it did stay dry. Too bad more club members didn't show up but the weather was iffy looking so most probably didn't want to get rained on.

Dear Clinton River Rider Members,

For several reasons we will no longer be offering a 10% Discount to all CRR members. Quite frequently people come in to our stores to make a purchase and want to join the club so they can receive "their discount". This does not encourage strong or active club members. It actually costs the Club money. By putting these people on the club roster, it becomes an additional Club expense as newsletters then must be sent out. We know the Club is trying to cut expenses and stay within a reasonable budget.

To address this issue, we have decided to issue a "preferred Customer Card" to active club members who have been loyal customers and friends to Pavlat's. Perhaps you purchased a bike from us, or maybe you come in on a regular basis. You might have even helped us at one of our Super Sales or other promotions. To those loyal customers we are now issuing a "Preferred Customer Card" which offers a discount at either of our locations.

On March 20th our Clinton Township store quietly celebrated it's 20th year in business and the Royal Oak store its 2nd. Over these past 20 years we have met many people and watched them come and go into cycling. It's amazing how many people come back to see us when they get back into cycling. It sure makes us feel 'old' when someone comes in and tells us that they bought their first bike from us!

We value your friendship and thank you for your support over the past years.

Jerry & Sue Pavlat

Happy Birthday to:

Chris Maliszewski 6-2, Dianne Szostak 6-3, Aletha Bartels 6-5, Michael Best 6-5, Ken Bowen 6-13, Sue Graham 6-16, Therese Drew 6-18, Donna Bowen 6-19, Lindsay Bowen 6-21, Laurie Brickner 6-21, Rick Ostrowski 6-21, Lorie Kamm 6-23, Art Anderson 6-24, Carol Meerhaeghe 6-25, Kirk Carolan 6-27, Julie Windhorst 6-28, Jaclyn Angst 6-30, Rich Dyer Jr. 6-30

Welcome to the following new members:

Len and Karen Redmond

WELCOME NEW MEMBERS PICNIC

June 12th, 12:30pm, Stoney Creek
B.Y.O.L. (Bring Your Own Lunch)
We will provide pop and munchies.
There will be a few different rides into the Park varying mileage. Please be at the June meeting for more details.

BWR Steering Committee Meeting

May 16, 1994, 7:00pm
Diane Baker's house
50176 E. Bronte, Shelby Twp.
Home phone: 247-5694
Work phone: 756-3131
Near 22 1/2 Mile and Schoenherr (Call Diane for Directions. Please note: No street parking, park in vacant lot across street or in club parking lot.)

All Club Members are welcome and encouraged to come and help us make the 1994 BWR the best yet!

Safety Rodeo

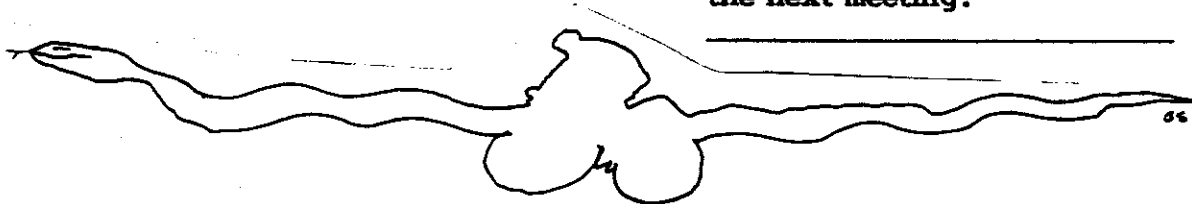
We will be sponsoring a Bicycle Safety Rodeo on either June 4 or June 11. Diane Baker needs help putting this on. It won't take much of your time, she can't do it all on her own. Please call Diane for more information.

1994 BWR Steering Committee

Chair	Home	Work
Ron Smith	651-7346	556-3293
Co-Chair (open)		
Finance		
Bill Duemling	752-6310	468-2947
Elizabeth Nieman		752-2770
Day of Ride		
Diane Baker	247-5694	756-3131
Ride Merchandise and Publicity		
Doug MacDermaid	774-0295	
Applications and Registrations		
Bill Duemling	752-6310	468-2947
Route and Sag		
Bill Cleland	775-5125	497-5355
Ed Rogers	755-2347	574-6653
Rest stops		
Laurie Brickner	939-4670	643-5421

May is National Bike to Work Month!!

Wanted: Maps
Maps are needed for day and overnight rides. Please bring a map of your favorite ride to the next meeting.





Club Guidelines from the ADVENTURE CYCLING ASSOCIATION

taken from the N.Y. City Cyclist published by Transportation Alternatives

GEAR UP FOR CYCLE COMMUTING

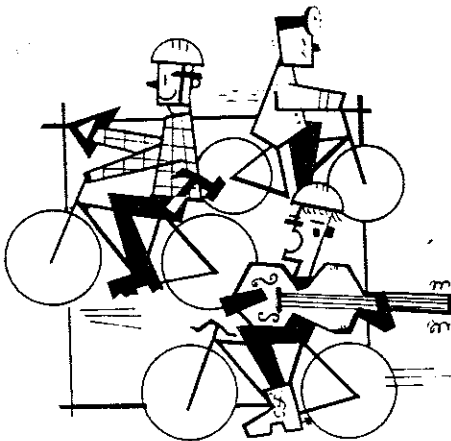
Imagine cities where everyone - nurses, carpenters, teachers, building supers, architects, students, engineers, mechanics, bankers, secretaries, lawyers, maintenance workers, and presidents of companies - commutes by bicycle.

Bicycle groups everywhere are joining forces this spring to make this vision a reality. The push to help commuters cycle to work starts during Earth Week and culminates in Bike-to-Work Week which most cities hold in May, National Bike Month

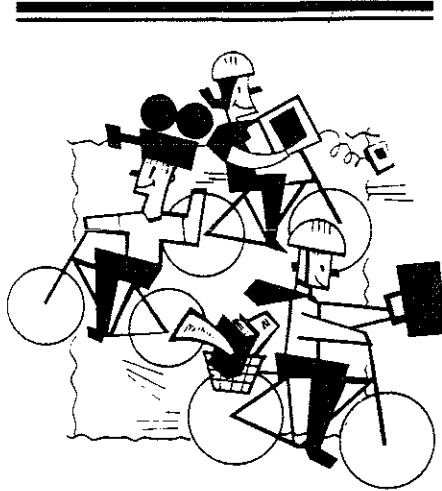
Bike-to-Work Week has been a big success in cities around the USA and Canada. The key is getting cyclists to organize where they work, and getting companies to support employees who want to try bike commuting.

Bike-to-Work Weeks can feature:

- free breakfasts for bike commuters at check-in spots
- rush-hour commuter pools cycling in from outlying communities



- low-cost access to health & fitness club showers and lockers
- free safety checkups at bike shops and bike repair workshops



- bike parking in garages
- bicycle access to workplaces
- video night featuring current videos on commuter cycling
- bike tours

Encouraging Bike Commuting:

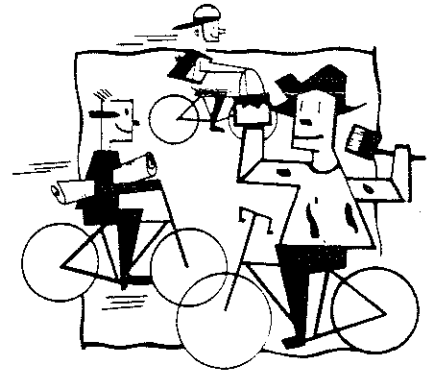
- offer information on cycling to other employees - make people aware of the health benefits, the cost savings, and the environmental advantages
- try flex-time schedules to allow bicycle commuters to avoid peak-hour traffic
- encourage employees to bike pool, commuting on bikes together
- offer incentives to employees to ride a bike; some companies give cycle-commuters bonuses while others induce its workforce to bike-commute by loaning employees bikes and then giving them outright to workers who use them more than half the time
- set up inter-departmental and corporate challenges among companies/hospitals/government agencies to get the most number of commuters during BTWW

Making It Happen:

- form a Bicycle Commuter Group; call a meeting to bring in other cyclists and would-be cycle commuters; plan events and develop a promotional strategy
- figure out the needs at your workplace, such as bike access to building, shower or locker room, bike storage space - and whom to approach

about them

- Communicate events through your company newsletter, electronic bulletin boards, and inter-office mail
- put up posters in the parking garage and on bulletin boards
- use the news media to promote your company's role in Bike-to-Work Week
- talk with your local Bike/Ped coordinator about your plans and how they might mesh with city or community events
- if co-workers get free or discount parking; or if they get stipends for using transit ask for equal payments for walking or riding to work
- give prizes and rewards for participating in Bike-to-Work Week



Illustrations by Jane Sanders

Commuting by bike is an opportunity for challenge in a world that strives for convenience and ease. It offers rewards that far outweigh the demands. Bike-to-Work Week is a great time to initiate and organize a bike commuting program where you are. It's one way of turning the vision of Cycle Commuting into reality. ●

ADVENTURE CYCLING
a s s o c i a t i o n

P.O. Box 8308, Missoula, MT 59807
(406) 721-1776

NEWSLETTER EDITOR: You may use this Club Guideline, or any part, in your newsletter with an Adventure Cycling Association credit line.

Editor's Note:

Deadline for The Rambler is the Wednesday after the meeting. Please bring items to the next meeting or call the editors.

Remember the newsletter is only as interesting as its members.

Acceptable formats: Hardcopy
Preferred formats: Wordperfect 5.1
or ASCII format, any disk size

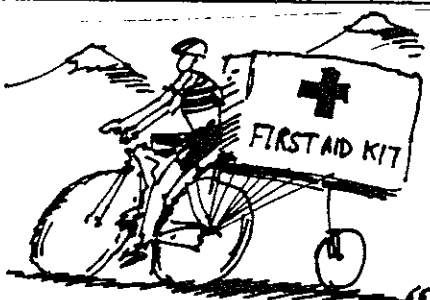
ATTENTION MS150 TOUR LEADERS

CPR class is set for Monday June 20, 7:00pm. At the Mt. Clemens Community Center. All who signed up to ride as Tour Leaders must attend the CPR Class! If you have any questions please call Steve Morauski at (810) 773-2213.

ADS, ADS, ADS, ADS

WANTED: Small Trailer 5'x8' (enclosed). Needed for 30 days. July 30-August 30. Borrow or rent. Call Dan Feucht (810) 528-0557.

FOR SALE: Santana Tandem, Sovereign Road Bike, 23.5x22.5, Excellent condition. \$2,500.00 Call Steve (313) 665-8920



—BIKECENTENNIAL

MAD ANTHONY RIVER RALLY

Saturday August 20, 1994
Perrysburg Ohio

The bike tour proceeds go to M.A.D.D., (Mothers Against Drunk Driving) and is a Bicycle Magazine 1994 Century Challenge Event.

Pick up a brochure at the next meeting, or call Lou McGlove, Rally Director, at (419) 385-7584 for more information.

Advocate's Hotline

NATIONAL BICYCLE POLICY PROJECT

by John Williams

One key function of the National Bicycle Policy Project is answering cyclists' advocacy questions. In a typical week, we get 20 to 30 letters and a similar number of phone calls. In the Advocate's Hotline, we share the questions in hopes that the answers may help other cycling advocates. Recently, I've heard from cycling advocates wondering what can get funded under the Intermodal Surface Transportation Efficiency Act (ISTEA). Lately, some misconceptions have been floating around. Here are a few:

1. *I've heard the money can be used only for commuting facilities. Is this true?* No. However, funds from the main pots of money (Surface Transportation Program, National Highway System, and Congestion Mitigation/Air Quality Program, for example) must be used on projects with a transportation purpose. This doesn't mean just commuting. In illustrating the difference between transportation facilities (eligible) and recreation facilities (not eligible), FHWA tells us that a loop trail in a park would not qualify. However, just about anything that enhances transportation cycling would.

2. *Is ISTEA mainly aimed at building bike-ways?* Not necessarily. What kinds of bike-related projects a local agency chooses to build is up to the local agency. And local cyclists can influence that choice. Get involved in the process!

3. *Are education, and awareness projects eligible?* Yes. Money from the Surface Transportation, Congestion Mitigation/Air Quality, and Transportation Enhancement

programs, for example, can be used. National Highway System money cannot. Highway Safety Grant Program money (Sec. 402 funds) can also be used. Whether bike projects do get funded is primarily a political matter: again, get involved!

One of the best things you can do to dispel misinformation is to get a copy of the ISTEA law itself. Contact your US Representative or Senator and ask for a copy of Public Law 102-240. It's free. Also get on the mailing list for the Surface Transportation Policy Project Bulletin. It's free from STPP, 1400 16th St NW, Ste. 300, Washington DC 20036.

Another tip: Last fall, we helped the Bicycle Federation of America create a Bicycle Advocate's Action Kit. It explains a lot of the how-to for cyclists wanting to get involved at the local level. If you'd like a free copy, drop me a line at Bikecentennial [see below for address].



The National Bicycle Policy Project is a joint effort of the Bicycle Federation of America and Bikecentennial. For more information, contact Andy Clarke at the Bicycle Federation office (1506 21st St. NW, Washington DC 20036) or John Williams, c/o Bikecentennial, (PO Box 8308, Missoula MT 59807)

