



# May 1995

## Blue Water Ramble

on October 1st 1995

The publicity committee has been busy promoting the BWR. Advertising copy has been written to send to local papers. Contacted the towns that the tour goes through to have ride listed on their community events schedule.

Elizabeth Nieman has volunteered to head the rest stop committee this year. Diane Baker is head of the BWR committees and is asking for volunteers for the committees to make this the best BWR ever. It takes a lot of planning and some work long before the day of event to make it successful. All CRR members should try to help with the BWR since it is the main fund raiser for the club. Contact *Diane Baker* if you can help.

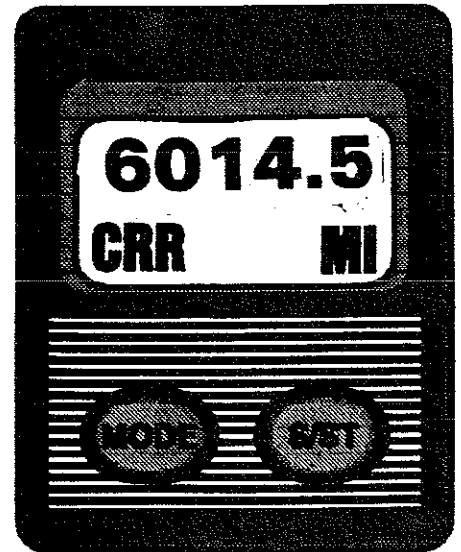
The design, by Doris Mulligan, for the BWR sweat shirt was voted on at the May 1st meeting. Design will be on the application so people will know what the shirts will look like.

## MS-150 bike tour

The CRR have volunteered as ride leaders since the first MS-150 ten years ago. Ride starts in Livonia with overnight stay in MSU dorms in East Lansing. This 10th annual tour features an optional 100 mile loop. Ride leaders help the 1200+ riders accomplish their goal of riding the 75 miles a day for pledges for Multiple Sclerosis. All the ride leader positions are filled but Steve Morauski would like some alternative names in case some people can't make the MS-150 tour. Volunteers are also needed for rest stops etc. Call Michigan MS Society at 1-800-247-7382.

## Club T-shirts and Polo Shirts

Contact Rick Jones if you want to order a club T-shirt or polo shirt. Price should be \$8.00 for T-shirts, \$15 for polo shirts. Deposit needed, \$5 or \$10 respectively by May 15.



## Club Jerseys

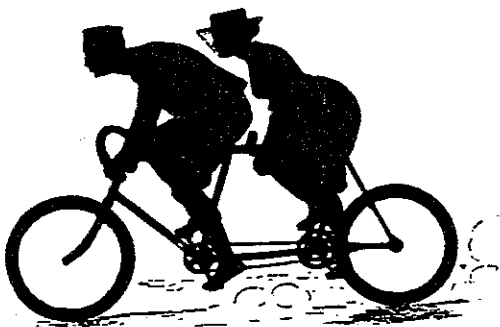
Club Jerseys are in stock now. Contact *Pennie Morauski* if you want one. Cost is \$34.50 to club members, the club pays \$16 of the total cost. Members are asked to work for the Blue Water Ramble.

## Next Meeting

Monday, June 5 1995  
7:00 p.m. at Mt. Clemens  
Recreation Center  
300 Groesbeck (at Lafayette)

<b>President</b>	
Steve Angst	(810) 573-8089
<b>Ride Director</b>	
Rick Jones	879-2490
<b>Secretary</b>	
Julie Windhorst	939-6073
<b>Treasurer</b>	
Pennie Morauski	773-2213
<b>Editor</b>	
Ted Gondert	752-7043
<b>LMB Representative</b>	
Warren Berthelsen	781-6706
<b>Hot Line</b>	792-4670

Blue Water  
 Ramble



## Ride Schedule

### Recurring Rides

Call the Hotline (810) 792-4670 for updates

On evening rides bring lights in case of delays.

**Monday 6:30 p.m.:** meet Pam & Rich Dyer at the Michigan National Bank in Algonac on M-29 1/2 mile east of the Harsons Island ferry. Take ferry (free for bikes) to Harsons Island for 25 mile ride at 17-18 mph.

Tuesday 9:00 am. call Hotline

**Tuesday 6:00 p.m.:** meet Steve Morauski at Prestige Cycles 36558 Moravian (by Garfield) in Clinton Twp for 20-25 mile ride 14-16 mph to Metro Beach. Co-leaders are needed for this ride to lead different groups. Call Steve to volunteer.

**Wednesday: 6:30 p.m.:** meet Glen & Marilyn Drellishak at Long Lake (18 mi.) & Livernois for 25 mile ride. Two groups, 10-12 mph and 12-14 mph. Dinner after ride at restaurant.

**Wednesday 6:45 p.m. starting May 17:** meet Sue & Jerry Pavlat at the MSU management training center on SE corner of Square Lake Rd and Crooks. BAM, RAAM-NOTHING BUT HILLS ride. 23 miles 1 1/2 hrs, 17 mph average, no stops. Bring lights in case of delays.

**Thursday 6:00 p.m.:** meet Rich Dyer or Steve Angst at the water tower in New Baltimore for a 35 mile ride at 18+ mph.

**Thursday 6:00 p.m.:** meet George Zloistro or Dano Merchant at Pavlat's 2 Wheel Authority on S Washington in Royal Oak for 25 mile ride to Bloomfield Hills @ 14-16 mph.

**Friday 6:00 p.m.:** meet Steve Angst at Jefferson & Marter (8 1/2 mi.) for 25 mile ride at 16-18 mph. Ice cream stop is optional on hot days.

**Saturday 8:00 a.m.:** meet Doug McDermaid or Rick Jones at Stoney Creek boat launch for breakfast ride to Armada. 45 miles at 14-16 mph pace.

**Saturday 8:00 a.m. May 13, 20:** meet Patti Brehler at Prestige Cycles on Moravian in Clinton Twp. This is an easy pace ride for beginning women who want to learn more about riding but can't keep up with the men. (beginning men allowed too.) 5 to 15 miles at 10 to 14 mph.

**Sunday 9:00 a.m.:** meet John Payne at Pavlat's 2 Wheel Authority in Royal Oak, 1109 S Washington for 35-50 mile ride at 12-14 mph pace. Route varies, sometimes Rochester for breakfast.

### Scheduled Rides for May

**Sunday May 21, 8:00 a.m.:** meet Dave & Sharon Switney at Stoney Creek boat launch for 55 mile ride to Richmond for breakfast 17-19 mph.

**Sunday May 25, 8:30 a.m.:** meet Duane & Elizabeth Nieman at Romeo HS (32 mile 1/2 mile west of Main St.) for 43 mile ride to Dryden VFW pancake breakfast.

### Other Rides and Events

**TOSRV, May 13-14.** Columbus OH. Ride to Portsmouth stay overnight, ride back on Sunday.

### Bike to Work Day May 16

**May 14: "Back 40" Challenge -** Clarkston. 17, 27, & 44 mile routes \$10 fee, \$12 late fee after 5/8/95

A DIRT ROAD RIDE in northwest Oakland County. Long sleeve T-shirt available. Flying Rhino Bicycle club. PO BOX 815, Clarkston MI 48347 (810) 625-7000 Monday thru Sat 10 a.m. to 6:00 p.m.

**IDIDARIDE August 4-6:** Weekend starts at Adrian College with routes upto a double century. Sponsored by Ann Arbor Ski Club Cyclists. Write IDIDARIDE, 2851 Quail Hollow, Ann Arbor, MI 48108

### Mio Adventures

**June 17&18** Mio to Grayling, an overnight trip about forty miles one way. Overnight at hotel.

**June 24:** Overnight ride for kids by the 4-H club in Mio. Will instruct kids on safe riding and minor repairs.

**July 8:** Ride across Michigan on M-55. You will be sagged to Manistee. Ride to Tawas City.

**July 29&30:** M&M ride, a one way ride from Mio to Mackinaw with an overnight stop in Wolverine. It's about 110 miles total for the two days with sag back to Mio from Mackinaw.

**Sept 16&17:** MTM ride, the TOSRV of the North. A 210-230 mile ride from Mio to Mackinaw and back in two days with overnight in Mackinaw.

**Oct. 7&8:** Mio Fall Color Tour, two days of riding and maybe a canoe trip.

If interested call Doug MacDermaid (810) 939-4670 or Glenn Pelton (517)-TANDEMS (826-3367) Helmet required. Rustic camping available in Mio. Hotels fill up fast so call early.

### Olympic Watch

Tickets for the 1996 Summer Olympics in Atlanta GA will go on sale May 1, 1995. Brochures and order forms available from ACOG (404) 224-1996 in Georgia.

## Mileage & Participation Awards

**Rules:** You must be a member by June 1st to qualify for 1995 awards. You must participate as a worker for the BWR either prior to or day of ride. You must participate in at least 10 club functions.

**Mileage Awards:** Self-monitored; must submit mileage cards, all miles count. 10% of total distance must be on club rides. Club rides include all club supported invitationals and all club rides posted on the Hotline. (Call Rick Jones to post ride)

**Participation Awards:** Based on a point system from club sign in sheets.

- |   |          |
|---|----------|
| 1. Club Officers                              | 5 points |
| 2. BWR Committee heads                        | 4 points |
| 3. Club Ride Leaders & Co-leaders             | 3 points |
| 4. Each ride, club event and meeting attended | 1 point  |
| 5. Ride Leaders and Riders on invitationals   | 1 point  |

**Youth Awards:** awards by age only: 15-18, 11-14, and 10 and under. Self monitored- must submit mileage cards, all miles count.

**Commuter Awards:** Self-monitored- must keep track of the number of days you commute to work.

## Suggestions for planning rides

1. Start the ride in an uncongested area.
2. Specifically state any needed cautions or dangerous conditions during announcements before the ride.
3. As much as possible, plan the route on lightly traveled roads.
4. Even when planning a route to access food stores and facilities, avoid congestion as much as possible.
5. Clearly print emergency telephone numbers on both the cue sheet and map.
6. Be sure to locate stationary SAGS well off the roadways. Consider how many bikes may stop at once, if many are riding.
7. Protect cyclists by planning routes to cross busy highways at signaled intersections.
8. Protect cyclists by planning routes to avoid left turns.... Consider three right turns instead.
9. If an accident does occur, first and foremost, STAY WITH THE 'ACCIDENTEE', second tell the next person to call for aid.

Given by Adventure Cycling Association.

## Top Club Miles

Name	Club Miles
Rick Jones	457.9
George Zloistro	420.7
Dave Switney	396.8
Sharon Wiseman	352.3
Bill Windhorst	316.6
Julie Windhorst	220.1

Gregory Schultz	213.4
Darlene Duskey	195.8
Eric Noyes	188.1
Laurie Brickner	176
Sheila Jones	173.8
Douglas MacDermaid	172.1
Gary Haelewyn	170.3
Julia Schultz	168.8
Mimi Gendreau	158.3
David Henry	156.2
Pennie Morauski	143.4
Steve Morauski	143.4
Tim Phillips	129.2
Bill Duemling	118.4
Gary Green	115.7
Hank Thoenes	111
Ted Gondert	88
Duane Nieman	88
Elizabeth Nieman	88

## PERSONAL ENDURANCE RIDE

On April 23, the Clinton River Riders engaged in the PERSONAL ENDURANCE RIDE at Stoney Creek Metropark. (Tour de Stoney Creek) We had a wonderful day and fun was had by all. *Jerry Pavlat* showed up in full racing gear, winning with a time of 16:40.87. *Teddy* looked his par too, coming in just seconds back. *Bill Windhorst* topped out 3rd, only minutes after finishing a lap on the tandem. Way to go Bill!

In the Tandem category, *Dave & Sharon* proved they've been out riding this winter with the winning time of 17:54.15. *John & Marilyn* came in like a streak at 2nd, and *Doug & Maryann* finished a strong 3rd.

Id like to say THANK YOU to all who helped to make this event a success. *Sue Pavlat, Dave Heck, & Cindy Angst* were well organized with timing. *Bill Duemling* and *Hank Thoenes* held up bikes at the start line. *John & Marilyn* combed the field to make sure were safe and without flats. And the personal endurance ride was organized and put on by *Steve Angst* and *Hank Thoenes*. Way to go guys!

Since the event was such a success, we've decided to have a few more. Each participant will receive a copy of their time after the event. Then, at the Christmas party, awards will be given. The date of the next PERSONAL ENDURANCE RIDE will be published in the newsletter as soon as it is determined. Everyone is welcome! Thanks again to all the volunteers and participants of the 1st PERSONAL ENDURANCE RIDE

Looking forward to the next time, *Deborah Capoferi*

## Tour de Stoney Creek Awards

Categories: Men's, Ladie's, Tandem

Lets get those women out there! Trophies for each division at the Christmas party. Times posted at the end of the season with permission of the riders. Most improved, best times, etc. Must complete 3 rides for awards. Three more events scheduled for this year. *Sue Pavlat*

## Happy Birthday to

Jaclyn Angst 6/30, Gayle Barry 6/4, Aletha Bartels 6/5, Michael Best 6/5, Laurie Brickner 6/21, Colleen Butts 6/11, Harry Champion 6/25, Kirk Carolyn 6/27, Rich Dyer Jr. 6/30, Sue Graham 6/16, Heidi Heck 6/10, Lorie Kamm 6/23, David Komendera 6/21, Gail Komendera 6/7, Chris Maliszewski 6/2, Carol Meerhaeghe 6/25, Rich Ostrowski 6/29, Nancy Podkova 6/5, David Switney 6/17, Julie Windhorst 6/28

## Welcome New Riders

Susan Adams, Chris Davis, David Henry, Tom Karl, Cathy Osip, Hardeo & Lollita Panchoosingh, Douglas Vlad

## Bike path & lane vs road survey

On USENET (newsgroups on Internet) in the 'rec.bicycles.soc' there has been much debate on the merits of bike paths & lanes vs riding the road. Roger Marquis supports bike lanes. John Forester (author *Effective Cycling*) doesn't. The following are some excerpts from messages they have posted. I have edited, shortened these up. A lot of bickering back and forth with each other goes on and on. This is just short version of April 26 messages. From: marquis@netcom.com (Roger Marquis)

My beliefs are based on years of cycling. I've been cycling far longer than motoring and far more (time wise at least) than driving....

- 1) many cyclists (the vast majority in fact) enjoy bike lanes,
- 2) virtually all of the most experienced cyclists are proponents of bike lanes,
- 3) forcing cyclists onto the most trafficked routes will only reduce the number of cyclists,

Bike lanes, like any other lanes, reduce conflict by imposing order and predictability to those on both sides of the line. If you believe otherwise perhaps you could explain how lanes work so well between autos, but not between autos and bikes? This I'd be interested in hearing.

Wide outside lanes are better than bike lanes. For many roads however it's not an either/or situation. Wide outside lanes are simply not an option. Wide outside lanes require considerably more pavement than bike lanes. Where such width is infeasible bike lanes are an excellent solution.

*(editors note: many asked how there could be enough pavement for a bike lane but not for wide lanes. Would the road commission just eliminate a car lane for a bike lane?)*

John - Forester (JForester@cup.portal.com) wrote:

Bike lanes are intended, by those who promote this view, to reduce this conflict by getting cyclists out of motorists' way. It seems to me that most people who oppose bikeways do so for the welfare of cyclists and recognize that wide outside lanes are better for both cyclists and motorists. This illustrates the hold that the cyclist-inferiority belief has upon some people. Opponents of bikeways are not anti-motorists, and indeed are

accused by the other group of bikeway advocates of being dupes of the motorists and anti-environmental.

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## Ted Gondert

To answer Roger Marquis statements about "Most experienced cyclists I know prefer bike lanes" etc. I would like to survey readers of this newsletter, with the following question.

**Do you prefer riding on bike lanes and paths vs the road?**  
"Yes" would prefer bike lanes. "No" would prefer the road.

Send your answers to me at the meeting or E-mail. If I get enough results will post it on USENET 'rec.bicycles.soc'.

**Editors Note:** Please submit articles and information for the newsletter by Wednesday after the meeting. Mail it to: Ted Gondert, 356 Third St, Romeo, MI 48065-4804 or modem/fax it if you call first so I can turn on the computer or fax (810) 752-7043 or E-mail me at: ac557@detroit.freenet.org IBM/DOS 3.5 inch disk with ASCII, WP5.1, MS Word for Windows, or other standard text editors are acceptable too.

## Club ID Cards

Identification cards for club members are available from Pennie Morauski at club meetings or by sending SASE (Self Addressed Stamped Envelope) to Pennie Morauski, 14207 Castle Dr., Warren MI. 48093. Back of card has room for emergency information such as phone #, allergies, etc.

## Bike shops with discounts for CRR members with ID cards.

Prestige Cycles (810) 792-4040  
36558 Moravian Dr., Clinton Twp

Paviat's Two Wheel Authority 542-7182  
1109 S. Washington, Royal Oak

Pointe Cycle & Fitness (313) 886-1968  
20343 Mack, Grosse Pointe Woods

Mountains of Bikes (810) 412-0500  
42201 Garfield, Clinton Twp.

Antoon's Bicycles 247-9240  
13823 19 mile Rd. Sterling Hgts

Sterling Schwinn 979-7570  
2169 Metro Pkwy, Sterling Hgts  
878 S. Rochester Rd, Rochester 652-1555

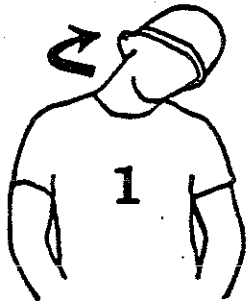
Big Ralph's Schwinn Cycling 772-3258  
23521 Nine Mack, St. Clair Shores

Macomb Schwinn 756-5400  
28441 Schoenherr, Warren

Before and After

# Cycling

Approximately 10 Minutes



5 times  
each direction



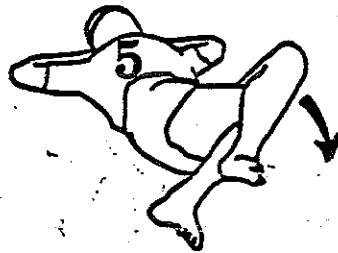
10 times  
each direction



30 seconds



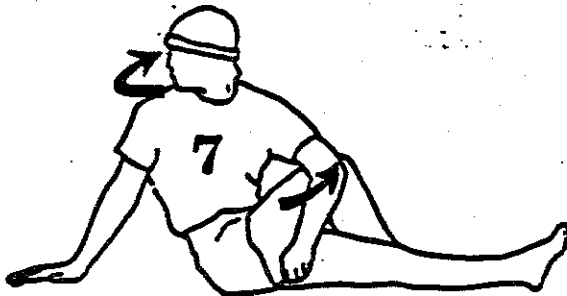
3 times  
5 seconds each



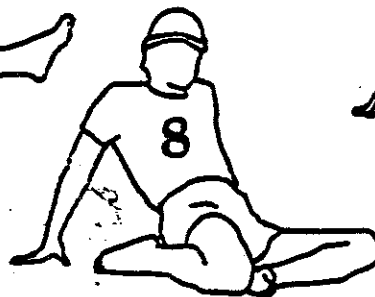
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each side



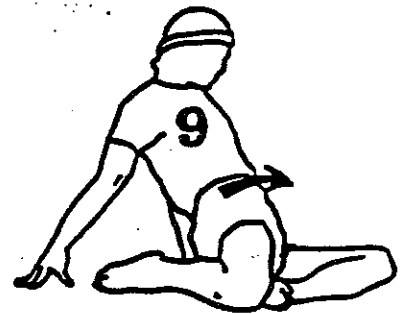
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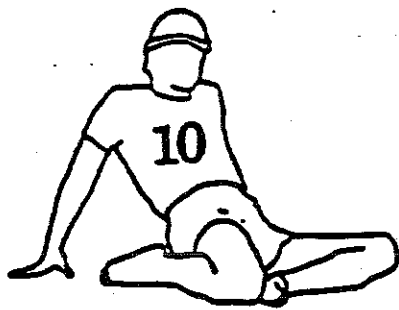
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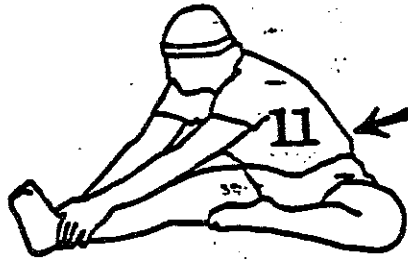
20 seconds



5 seconds



20 seconds



30 seconds

12

Repeat  
8, 9, 10, 11  
other leg



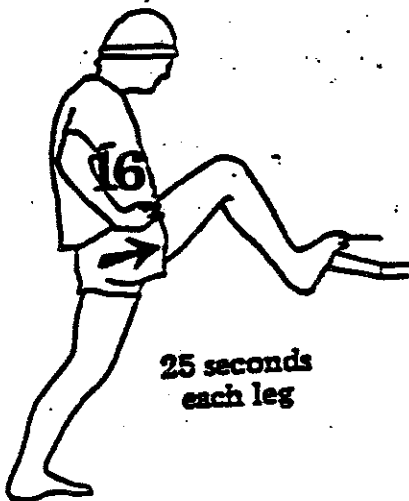
20 seconds



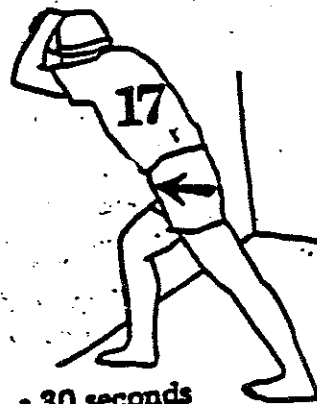
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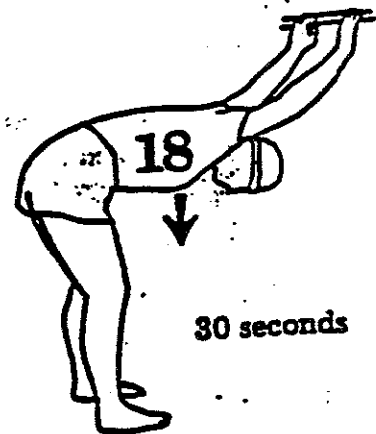
15 seconds  
each leg



25 seconds  
each leg

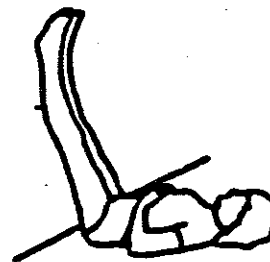


30 seconds  
each leg



30 seconds

19



Elevate your feet. It is great for circulation and revitalization of tired legs and mind. Your lower back should be flat and not arched or off the floor. Do not elevate your feet for too long in the beginning; gradually increase the time (one to five minutes, or longer).

# EC Notebook #16

## THE BASICS OF GEAR USE

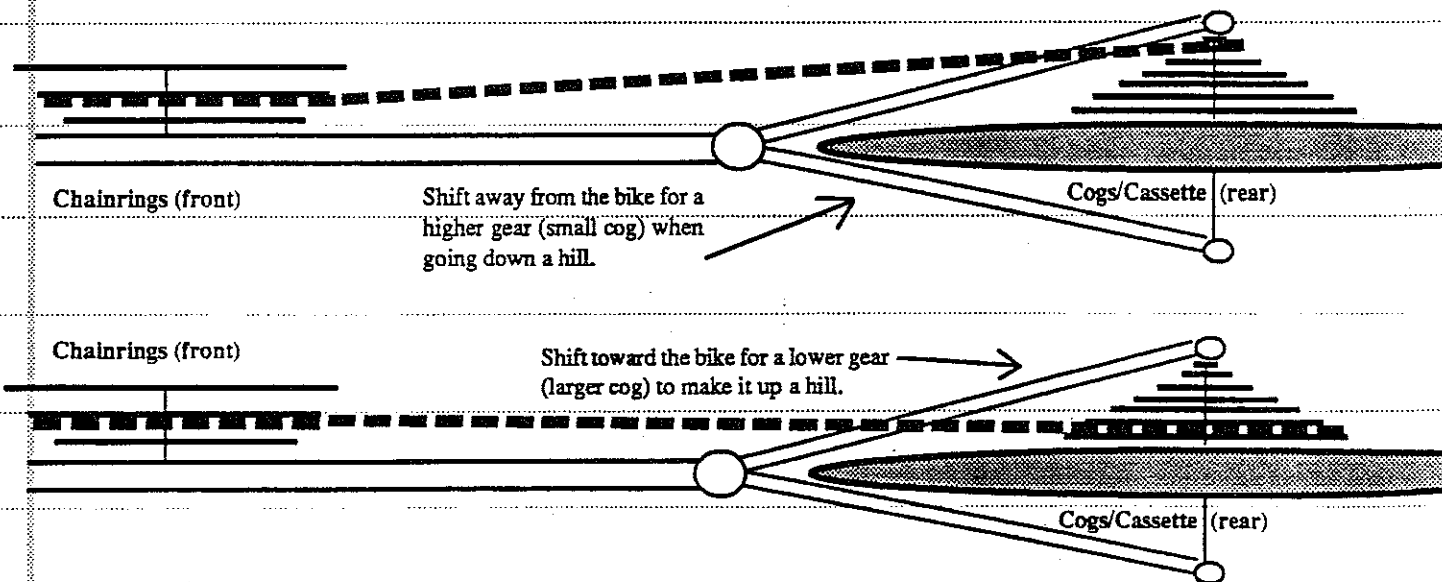
By Susie Jones

Why does my bike have 24 gears? How could I possibly use them all?! Whether you use them all or not, the gears are on your bike so that you can exert nearly the same amount of pedaling effort whether you're riding up a hill, down a hill, or on the flats, taking into consideration wind and road surface.

For the maximum amount of efficiency and speed on the bike and the least amount of wear and tear on your knees, you'll want to maintain a pedaling cadence of 70-90 revolutions per minute (rpms). You can determine your cadence with the help of a cyclocomputer or by counting how many times one pedal goes around in a minute. When you are maintaining a steady cadence, the bike will travel different distances depending on the gear you have selected. For example, when a bike is in high gear, each revolution of the pedals propels it a long distance—perhaps 25 feet or so—but pedaling effort is very high. When the bike is in low gear, each revolution propels it only a short distance, perhaps as little as 5 feet, but the pedals are easier to turn.

If you're riding along at 75 rpms and you approach an incline, you'll need to shift to a lower gear to make pedaling easier or you'll end up standing on the pedals doing 5-15 rpms with your knees screaming. Conversely, when riding down a hill, you need a higher gear so you're not pedaling 120 rpms out of control.

If your bike has three chainrings in the front you will do much of your riding with the chain on the middle one. That means that you only have to shift the rear derailleur to find a comfortable gear. To do so, keep pedaling and use the shift lever on the right side of the handlebar or down tube to move the chain:



If the change in terrain is more pronounced, you will need to shift the front derailleur as well. And just to confuse you, the chain has the opposite effect here: Move it onto a smaller chainring (although still toward the bike) for a higher gear, and onto a larger chainring (away from the bike) for a lower gear.

Assistance for this column was provided by Richard Corbett, ECI #129. For more detailed information on gearing, including gear inches and the selection of custom gearing, refer to *Bicycle Gearing—A Practical Guide* by Dick Marr.

*This column is provided for reprinting in club newsletters as part of our benefit package for affiliated clubs of the League of American Bicyclists (L.A.B.), and focuses on various aspects of Effective Cycling. Effective Cycling is the only nationally-recognized bicycling education program. For more information about L.A.B. or the Effective Cycling program, contact the League at (410) 539-3399.*

