

Rambler



May 1997

produced by: Debbie Angst & Sue Pavlat

BWR CHAT

from Gary & Bob



Clinton River Riders, mark OUR calendars NOW for
Sunday, October 5th,

because this is the day OUR club puts on the best one day ride of the bicycling season. But to be the best we need IDEAS. Think of ways we can make this ride stand out from any other one day ride in Michigan and Canada. Call one of the committee heads on page 2 with your idea on how to improve

**Blue Water Ramble
1997 and beyond.**

Editors Note

Any article or picture submitted for the newsletter will be printed if possible. Please submit up to and including the monthly meeting. Info may be sent to my E-mail (doubletime@teleweb.net)

Thanks,
Debbie

**Next Meeting
Monday
May 5, 1997
7 pm**

Mt. Clemens Recreation Center
300 Groesbeck



792-4670

President

Gary Green 468-7351

Ride director

Rick Jones 879-2490

Secretary

Julie Windhorst 939-6073

Treasurer

Greg Schultz 775-2208

Editors

Deb Angst & Sue Pavlat
573-8089

LMB Representative

Warren Berthelsen
781-6706



This is our
1997 BWR
design. Way
to go Dotis!
Details are
still being
worked out
by our
publicity
committee.
T-shirts?
Sweatshirts?
Colors?
I'll have
more info
next month.
Stay tuned,
Deb

Blue Water Ramble 1997 and beyond.

PARKING COMMITTEE

Steve Motauski, chairperson

Steve asks,

"How do you squeeze 1500 cars into a parking lot designed for 500 without banging doors?" If you know the answer, call Steve at 810-773-2213.

ROUTE COMMITTEE

Eric Noyes, chairperson

Eric needs paint and brushes. He's planning to paint a bright orange stripe on 100 miles of roadway in Michigan and Canada. If you have a better idea, and I hope you do, call Eric at: 810-228-0665.

PUBLICITY COMMITTEE

Doris Mulligan, chairperson

Doris is thinking of flying an airplane banner to advertise your ride. Call Doris at 810-465-9342 and ask her how her flight classes are coming. Will she be ready by October 5th?

FOOD COMMITTEE

_____ (your name), chairperson

Wow, the first BWR with no chili dogs. We need volunteers to be in Canada to either barbeque hot-dogs, or, explain to the 1500 riders why there isn't any food this year. Call me or Bob anytime to chair this committee. (Note: Last years chair will assist anyone who volunteers to be this years chairperson.)

DAY OF RIDE COMMITTEE

Bill Duemling, chairperson

Bill needs duct tape. "The people on this committee have to smile from sunrise to sunset". Help Bill keep this committee smiling, especially after the riders return to St Clair High School ... hungry.

SAG COMMITTEE

John Tarantino, chairperson

John and his crew did an excellent job last year but if you want to really get a good laugh call John at 810-294-0706 and ask him "What does SAG stand for".

1998 PLANNING COMMITTEE

This is a new committee needing a chairperson

Included in it's agenda is finding an off-road bicycle route, setting up a timetable of events beginning November 1997, accessing the possibilities of a changed menu, a new rate structure, a new starting location. The members of this committee must work closely with the existing committees to learn how they currently function. You have ideas, write them down as soon as you think of them. Then call a chairperson, or Bob or I. Don't wait. This is the day the WE show OUR colors. This is the day WE put on the best one day bike ride of the year.

This is OUR day to shine.

Thanks,

Gary Haelewyn and Bob Latsko
Co-cheeses 1997 BWR
810-286-5094 810-939 2788

Rides in June

Farm Lake Tour Sunday June 1

New location: Monroe County Fair Grounds. Monroe, MI. Routes of 20, 31, & 62 miles. Terrain is flat!

Cycling Saddleman
(313)721-0077

Mio to Oscoda June 13, 14, 15

A sixty mile ride from Mio to Oscoda. Spend Saturday night in Oscoda & return to Mio on Sunday.

for more info call:

Doug MacDermid or Laurie Brickner
810-939-4670

24-Hour Challenge June 14-15

A personal best bicycle ride to test your endurance and determination. Set your goal and try to achieve it. Held annually on Fathers Day Weekend in Grand Rapids. In 1996, riders from 23 states & Canada completed 96,338 miles.

for more info call:

Rapid Wheelman Bicycle Club
616-241-1969

Ride of Note June 21-22

A 2 day ride put on by the Corunna Band Boosters. Riding in Shiawassee County on good roads with light traffic. Camping available.

for more info call:

Bob

517-743-4822

Palm June 21-28

A 7 day tour from Whitehall to TBD. Typical mileage less than 50 each day. Extra miles available.

for more info call:

Palm Inc.

313-665-6327 DWTrike@aol.com

Firecracker June 29

New location and all new scenic low traffic routes. Starts in Howell.

for more info call:

American Youth Hostels
810-545-0511

Other Rides & Events

One Helluva Ride Saturday July 12

Starts at the Chelsea Fairgrounds in Chelsea, MI. Routes of 40, 63, 76, & 100 miles on paved roads. There will also be a 15 mile fun ride starting and finishing at Portage Lake State Park. Generally flat terrain with some rolling hills. Good food & friendly volunteers. LAB sanctioned. website: <http://www.hvcn.org/info/aabts/ohr.html>

Ann Arbor Bicycle Touring Society
313-994-0044

MS 150 July 12-13

The Clinton River Riders will once again be the tour leaders. The club has enough volunteers, but you may be placed on an alternate list, in case of cancellations.

for more info call:

Steve Morauski
810-773-2213

Mio to Mackinaw September 12, 13, 14

An aggressive 210 mile, 2 day ride from Mio to Mackinaw City & back

for more info call:

Doug MacDermid or Laurie Brickner
810-939-4670

Millenium Cruise Dec. 26 - Jan. 2, 2000

Bring in the new millenium on a cruise in the caribbean.

for more info call:

Bill Windhorst
810-939-6073

Effective Cycling Instructor Class Sep. 19-21

Must have a road 1 class in advance.

for more info call:

Diane Baker
810-739-0261

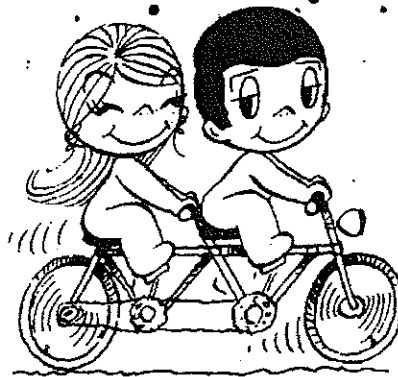
Mountain Bike Stuff

There are maps & cue sheets available for routes from Stony to Metamora. They have been provided by T. J. Hill. Contact Rick Jones for a copy. Also, see the ride schedule for a beginning mt. bike ride led by Art Anderson.



- 6/2 Chris Maliszewski
- 6/5 Aletha Bartels
- 6/5 Nancy Podkowa
- 6/7 Gail Komendera
- 6/8 Breanna Schultz
- 6/10 Ken Rosiek
- 6/10 Heidi Heck
- 6/13 Chris Davis
- 6/16 Sandy Freeman
- 6/17 David Courter
- 6/17 David Switney
- 6/19 Trevor Smith
- 6/20 Frank LoPiccolo
- 6/21 Laurie Brickner
- 6/24 Art Anderson
- 6/25 Carol Meerhaeghe
- 6/26 Wendel Anderson
- 6/29 Rich Ostrowski
- 6/30 Jaclyn Angst
- 6/30 Rich Dyer Jr.

love is . . .



. . . being in perfect unison

Club ID Cards

Identification cards are available for any club member at club meetings. See Greg Schultz. 10% discount will be given at participating stores.

Participating Bike stores:

- Prestige Cycles
36558 Motavian
Clinton Twp. (810) 792-4040
- Cycle & Fitness
1109 S. Washington
Royal Oak (810) 542-7182
- Pointe Cycle & Fitness
20343 Mack
Grosse Pte. Woods (313) 886-1968
- Mountains of Bikes
42201 Garfield
Clinton Twp. (810) 412-0500
- Antoons
42918 Schoenherr
Sterling Heights (810) 247-9240
- Sterling Schwinn
2169 Metro Pkwy
Sterling Heights (810) 979-7570
- 878 S. Rochester Rd.
Rochester (810) 652-1555
- Big Ralphs Schwinn
23521 Nine Mile
St. Clair Shores (810) 772-3258
- Macomb Schwinn
28441 Schoenherr
Warren (810) 756-5400
- Stoney Creek Schwinn
58236 Van Dyke
Washington (810) 781-4451
- Main Street Bicycles
112B South Main St.
Romeo (810) 336-1177
- Anchor Bay Bicycles & Fitness
35241 23 Mile Rd
New Baltimore (810) 725-2878
- Continental Bike Shop
23262 John R.
Hazel Park (810) 545-1225

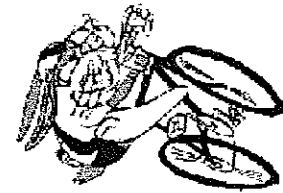
Pace Code:

A+=20+ A=18-20 B=16-18 C=14-16 D=<14

MAY 1997

Hotline: (810)792-4670

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
			1 Cranbrook 6 P.M. (C) Ramble Ride 6 P.M. (D)	2 Lakeshore Sprint 6 P.M. (A)	3 Armada 8 A.M. (B)	4
5	6 Metro Beach 6 P.M. (C) Hilly Hammer 6 P.M. (A+)	7 Blue Light Special 6 P.M. (C)	8 Cranbrook 6 P.M. (C) Ramble Ride 6 P.M. (D)	9 Lakeshore Sprint 6 P.M. (A)	10 Armada 8 A.M. (B) Tosrv	11 Stony Creek 8 A.M. (B) "Back 40 Challenge" Tosrv
12 Island Ride 6:30 P.M. (B)	13 Metro Beach 6 P.M. (C) Hilly Hammer 6 P.M. (A+)	14 Blue Light Special 6 P.M. (C)	15 Cranbrook 6 P.M. (C) Ramble Ride 6 P.M. (D)	16 Lakeshore Sprint 6 P.M. (A) Wolverine "200"	17 Armada 8 A.M. (B) Wolverine "200"	18 Wolverine "200"
19 Island Ride 6:30 P.M. (B)	20 Metro Beach 6 P.M. (C)	21 Blue Light Special 6 P.M. (C)	22 Cranbrook 6 P.M. (C) Ramble Ride 6 P.M. (D)	23 Lakeshore Sprint 6 P.M. (A) Horsey Hundred	24 Armada 8 A.M. (B) Horsey Hundred	25 Dryden 8:30 A.M. (B) Horsey Hundred
26 Island Ride 6:30 P.M. (B)	27 Metro Beach 6 P.M. (C) Hilly Hammer 6 P.M. (A+)	28 Blue Light Special 6 P.M. (C)	29 Cranbrook 6 P.M. (C) Ramble Ride 6 P.M. (D)	30 Lakeshore Sprint 6 P.M. (A)	31 Armada 8 A.M. (B)	1 Farm Lake



WEEKLY RIDES

Hotline (810)792-4670

Call the hotline for updates

Pace Code

A+=20+ A=18-20

B=16-18 C=14-16 D=<14



Monday: Island Ride (B)

Ride Leaders: Rich & Pam Dyer

Distance: 25 Miles

Meet: Michigan National Bank on

M-29 in Algonac

Ride: On Harson's Island

Ride Leaders have stated that riding in May will start a little slower than these pace codes and will be in full swing by June.

Tuesday: Metro Beach (C)

Ride Leader: Gary Haelewyn

Distance: 20 Miles

Meet: Prestige Cycles

Ride: To Metro Beach

Thursday: Ramble Ride (D)

Ride Leader: Bill Duermling

Distance: 20 Miles

Meet: Pat Kut I-94/North River Road

Ride: Mystery Routes

Tuesday: Hilly Hammer (A+)

Ride Leaders: Sue & Jerry Pavlat

Distance: 25-30 Miles

Meet: MSII Training Center

Square Lake/East of Crooks

Ride: The hills in Oakland County

Thursday: Power Puffs (B)

(starts 6/5)

Ride Leader: Marilyn Tarantino

Distance: As many as you want. Will look for tiders every lap

Meet: Stony Creek Boat Launch

Ride: Laps around Stony Creek

Wed: Blue Light Special (C)

Ride Leader: Gary Haelewyn

Distance: 25 Miles

Meet: K-Mart World Headquarters

Coolidge & Big Beaver

Ride: The west side

Friday: Lakeshore Sprint (A)

Ride Leaders: Sieve & Debbie Angst

Distance: 25 Miles

Meet: Matter/Jefferson

Ride: Grosse Pointe

Sprint up Lakeshore

Thursday: Cranbrook (C)

Ride Leader: George Zlotro

Distance: 25 Miles

Meet: Cycle & Fitness

1109 Washington, Royal Oak

Ride: To Cranbrook

Saturday: Armada (B)

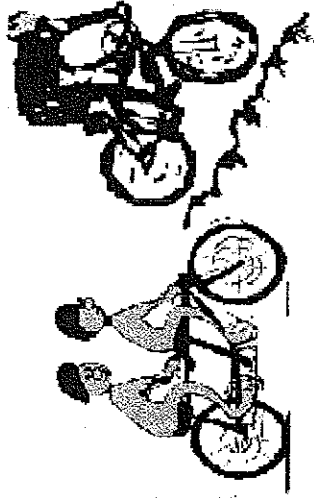
Ride Leader: Dave & Sharon

Distance: 45 miles

Meet: Stony Creek boat launch

Ride: To Armada for breakfast

OTHER CLUB RIDES



Sunday 5/11 @ 8A.M. (B)

Ride Leader: Dave Switney

Distance: 45 Miles

Meet: Stony Creek Boat Launch

Ride: To Troy for breakfast

Saturday 5/24 @ 1:01 P.M.

Mt. Bike 101

Ride Leader: Art Anderson

Distance: 9 Miles (approx. 1 1/2 hour)

Meet: Stony Creek West Branch

parking lot B.

Ride: beginning mt. bike course

Sunday 5/25 @ 8:30 A.M. (B)

Ride Leader: Ted Gondert

Distance: 40 Miles

Meet: Romeo High School

Ride: To Dryden for breakfast

Sunday 6/15 @ 8A.M. (B)

Ride Leader: Dave Switney

Distance: 55 Miles

Meet: Stony Creek Boat Launch

Ride: To Royal Oak for breakfast

Rules of the Road



General

- A. Riders must obey all traffic laws just as a motor vehicle.
- B. The use of a "hard shell" helmet is recommended strongly.
- C. No headphones are allowed.

Riding in an organized group

A. Ride leader responsibilities

1. Explain the rules of the ride, pace, & distance
2. Collect signatures from all riders on the release form
3. Maintain the advertised pace
4. Appoint a co-leader or get volunteers to help
5. Stop the ride for any breakdown
6. Ask disruptive riders to leave the ride

B. Rider Responsibilities

1. Obey & cooperate with the ride leader
2. Notify the ride leader if leaving the ride
3. Notify the ride leader if having difficulty
4. Obey the rules & courtesies of group riding
5. Ride in a safe & responsible manner
6. Leave rest stops with the group
7. Know his/her riding capabilities

C. Group Responsibilities

1. Ride as far to the right as possible
2. Use no more than one half the lane
3. A maximum of 2 abreast is allowed on clear roads
4. Make changes in speed & direction in a predictable manner

D. Warnings

1. Use warnings only when other riders need to take evasive action
2. Never use "Clear" at an intersection & never assume it is clear

E. Dealing with Motor Vehicle Traffic

1. When "Car Back" is heard, merge to the right
2. Do not signal a motor vehicle to pass
3. Watch for opening doors when passing parked vehicles
4. Do not make obscene or unfriendly gestures

ISTEA

Intermodal Surface Transportation Efficiency Act

Big oil companies & highway contractors have launched an all out campaign against bicyclists & family-friendly communities. They want to exclude bicyclists from the roads by eliminating funding for bike

Write your Senators and Representatives

Urge them to vote for a bike-friendly ISTE A.

Capitol Switchboard: (202) 224-3121

The Honorable _____
U.S. House of Representatives
Washington, DC 20515

The Honorable _____
U.S. Senate
Washington, DC 20515

projects. *We have to stop them now!*

<http://www.outdoodink.com/bikes/istea>

During the coming months, Congress will vote on the ISTE A bill, which will determine our nation's transportation priorities for the next 5 years. It is urgent that you raise your voice on behalf of the broader public interest. We must leave no doubt in the minds of our elected officials that the American public wants real transportation choices. Send your own letter or send a petition such as:

BIKES BELONG!

Riding a bike should be fun and safe. Communities prosper when they offer children and adults healthy and secure transportation options. Yet, traffic congestion and poor road design are keeping millions from enjoying their bicycles. We can do better.

We, the undersigned, ask Congress for safe places to ride bikes, both on and off road. We need more trails and more safe streets. We petition Congress to keep bikes in the federal transportation law; preserve bike funding and ensure local control.

Name Address Phone

Return petitions to:

Bikes Belong!

1100 17th Street NW

10th Floor, Washington, DC 20036.



George Zioitro

George is a part of our club history. He is the original member of the whining towel club. What is the whining towel club? It was started by Steve Morauski in the year of his 50th birthday. He received a towel to commemorate the event. One day, George & Steve, along with other club members were out on a club ride having a wonderful time. Well, Steve & the other club members were having a wonderful time. George was whining. Steve felt that in the spirit of his mood, George should have something to get him through his day. So, he was given the "whining towel". So started a tradition in our club. Whoever has the whining towel will carry it to all riding events. If they find that a club member is whining, that person is given the "whining towel". It is their responsibility to carry it and pass it on. What started as a joke has continued on for some years. So, when out on a ride with club members, are you whining too much?

CR Runners

Marilyn Tarantino, Julie Windhorst, & Sue Pavlat competed in the "Race for the Cure" at the Detroit Zoo on 4/19. Oak Apple is coming May 31 in Royal Oak.

Sue is a member of the Stoney Creek Running Club & welcomes anyone who would like to come out & cross train. The Running Club President is Larry Frontera. Address: 37263 Charter Oaks Blvd. Clinton Twp. 48036. Phone: 810-468-8622 e-mail: hankster@tir.com

Speed workouts: Tuesday at 6p.m. Meet at Dodge Park on Utica Road. Speed sessions hosted by Kevin & Keith Hanson.

Races:

May 31 20th Oak Apple
10k, 2 mile

Royal Oak 810-544-9099

June 3 ITT Detroit Grand Prix
Belle Isle 4 mile 810-544-9099

June 21 Dodge Park 3 mile
Mike Koszraba 810-977-6123 ext.200

June 22 For Women Only
Ann Arbor 5k, fitness walk, racewalk
313-769-2926

Tour de Stony

**Stony Creek
Eastwood Beach
Wednesday 7p.m.**

**May 21
June 18
July 16
August 20**

Be there or be square! Come out & ride against the clock. 1 lap around Stony Creek. Awards at the end of the year. Must compete in 3 of the 4 events to qualify for awards.

Call other club members. Come out & be a part. Ride or volunteer to help with the event. All participation is welcome.



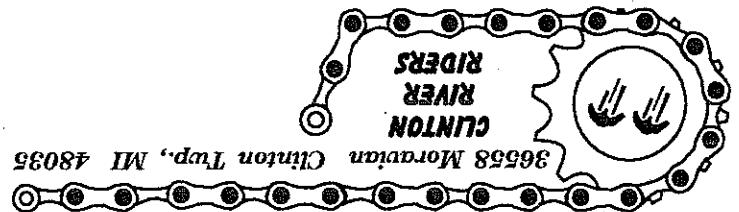
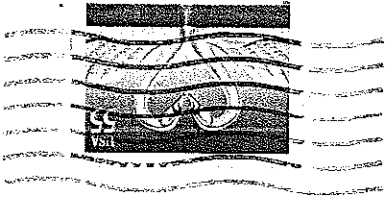
Q: Why did the woman wear her cycling helmet @ the dinner table?

A: She was on a crash diet.

Running is a great American Sport!



HAELHEWYN, GARY, JAN & FAMILY
41706 MERRIMAC
CLINTON TWP., MI 48038



The Race

THE CHALLENGE NOW BEFORE ME
WEIGHS HEAVY ON MY SOUL
THE TASK AT HAND REQUIRES STRENGTH,
ENDURANCE AND CONTROL.
THERE'S FIVE OF US NOW PRESSING FORTH
AND I AM IN THE BACK.
AT LAST, THE PERFECT OPENING
IT'S TIME FOR BOLD ATTACK.
THEIR FACES TELL THE STORY
AS THEY STRAIN TO STOP MY THREAT
OF ENDLESS HOURS COMPETING
GRUELING PRACTICE, TOIL AND SWEAT.
I'M PASSING ONE, THEN TWO, THEN THREE
I'VE CAPTURED SECOND PLACE
AND WE ALL KNOW THE TALE. . .
ONE MAN'S TRIUMPH, ONE'S DISGRACE.

IT'S NOW DOWN TO THE FINISH
IS IT ME? NO WAIT IT'S HIM
BUT I BELIEVE THE FUTURE
COMES BY DESTINY, NOT WHIM.
SO ONE MORE TIME DOWN TO THE WELL
TO TEST THE HAND OF FATE
AND WHEN THEY SAID IT COULDN'T BE DONE
I DID ACCELERATE.
THE STRUGGLE IS BEHIND US
NOW MY CHEST SWELLS UP WITH PRIDE
TO REACH THE GATE BEFORE THE REST
WITH GLORY BY MY SIDE.
THE LOT, A SPOT, MY CAR IS PARKED
I'M STILL SAFE AND SOUND OF LIMB
I BRACED THE RUSH HOUR TRAFFIC
TO GO WORKOUT AT THE GYM!

submitted by:
Dee Whitmore