



June 1996

Asking \$175. (810)786-5911 Kirk Carolan.

Rhode Gear Euro Shuttle bike carrier. Trunk mount, carries two bikes. Used one year, \$80 or best offer. Call Eric (810)465-6036

Foreign exchange student

The area coordinator for NACEL Cultural Exchanges is looking for a family to host a student for the entire 1996-1997 school year. Any school district will do.

The student is fluent in English, and is from France. He's 17 years old, and active in mountain and road bicycling. He participated in the French National Championships, and placed 38th overall in his category.

If you are interested, or know someone that is, contact:
Ann Marie Ott, 810-781-9005

Sick List

Bob Goebel is recovering from heart bypass surgery on June 10 at St. John hospital in Grosse Pointe. We hope for a fast recovery and to see him riding again soon.

Next Meeting

Monday, June 3 1996
7:00 p.m. at Mt. Clemens
Recreation Center
300 Grosbeck (at Lafayette)

President

Steve Angst (810) 573-8089

Ride Director

Rick Jones 879-2490

Secretary

Julie Windhorst 939-6073

Treasurer

Greg Schultz 775-2208

Editor

Ted Gondert 752-7043

LMB Representative

Warren Berthelsen 781-6706

Hot Line

792-4670

Blue Water Ramble

Pam Dyer and Vicki Malloch have volunteered as BWR committee chairs. Committee heads include:

Registration: Bill Duemling,

Publicity: Debbie Angst

Rest Stops: EA Nieman

Routes & Sag: Eric Noyes & John Tarrantino

Day of Ride: Gary Haelewyn & Ed Rogers.

They need volunteers to make the BWR a success. **Registration** needs people to type in names from the application. **Publicity** needs people to contact newspapers, etc. **Rest Stops** need people to set up the rest stops and hand out the food and drinks. **Routes and Sag** need people to paint the route and help make the maps. **Day of Ride** needs people for parking and getting riders on & off the ferry. Please call them or sign up at meetings. Volunteers receive T-shirts. October 6, 1996 isn't as far away as it seems. We need to start publicity and planning on BWR to make it a success.

Editors Note:

Please submit articles by Thursday after the meeting. Mail it to: Ted Gondert, 356 Third St., Romeo, MI 48065 or call, fax or modem me at (810) 752-7043. If you want to FAX or modem something to me, call voice first so I can turn it on. Or E-mail to: "ac557@detroit.freenet.org" IBM/DO5 3.5" disk with ASCII, WP5.1 or MS Word for Windows 2.0 is good.

For Sale

Centurion 'LeMans' road bike. 58 cm (23 in) frame. Magenta/White. Tange no 2 tubing. Shimano 105 brakes, BB, HS, cranks, derailleurs. Exage Sport hubs, brake levers, shift levers. Well maintained, in very good condition.

Ride

Ride Schedule

Reoccurring Rides

Call the Hotline (810) 792-4670 for updates

Summer daylight is here so rides can start later.

Most evening rides start at 6:30 p.m.

Monday 6:30 p.m.: meet Pam & Rich Dyer at the Michigan National bank parking lot in Algonac near the Harson's Island Ferry for 25 mile ride @ 17-18 mph on Harson's Island. Bikes are free on ferry.

Tuesday 6:30 p.m.: meet Jerry or Sue Pavlat at MSU management training center on Square Lake (19 mile) and Crooks for fast 18+ mph average ride in the hills of Oakland county. 30 to 35 miles. Distance and speed will increase with the season. Bring lights in case of delays.

Tuesday 6:30 p.m.: meet John Tarrantino or Steve Morauski at Prestige Cycle on Moravian in Clinton Twp for 25 mile @ 14-16 mph ride to Metro Beach on the road.

Tuesday 6:30 p.m.: meet John Payne at Pavlat Cycle & Fitness 1109 S. Washington in Royal Oak for 24 mile @ 12-14 mph ride to Birmingham.

Wednesday 6:30 p.m.: meet George Zlotro at Pavlats Cycle in Royal Oak for 25 mile ride @ 14-16 mph to Cranbrook.

Wednesday 6:30 p.m.: meet Glen & Marilyn Drellishak in Troy at Longlake and Livernois for 20 mile ride, two paces 10-12 mph or 12-14 mph.

Thursday 6:30 p.m.: meet Rich Dyer or Steve Angst at New Baltimore water tower for the fast 35 mile ride @ 20+ mph. Short stop at 20 miles.

Thursday 5:00 p.m.: meet Marilyn Tarrantino at Stony Creek boat launch for ladies ride. Laps around Stony, come out later and join as group goes by. You won't be dropped or more than 3 miles back to start.

Thursday 6:30 p.m.: meet Bill Duemling and/or Warren Berthelsen for the Thursday night Wramble. 18-25 miles, easy pace 14-16 mph; good for conversation. No set route or destination, but will depart from parking lot of Par-Kut at 40961 Production Drive, near I-94 and North River Road. Call 468-2947 for directions.

Friday 6:30 p.m.: meet John Tarrantino at Marter & Jefferson for 25 miles @ 17-20 mph ride into Grosse Pointe.

Saturday 8:00 a.m.: meet Doug at Stony Creek boat launch for 45 mile @ 16-18 mph ride to Armada for breakfast. Some people ride at other paces too.

Sunday 9:00 a.m.: meet John Payne at parking lot across from grade school on Pierce (between Greenfield and Southfield). north of west 14 mile road. in Bloomfield hills for 30 to 40 mile ride @ 12-14 mph, various routes.

Full Moon Ride/Clinic for women

Saturdays 8:00 a.m. at the Prestige Cycles bicycle shop on Moravian in Clinton Township, twice per month near full moon, rain or shine. Meet Patti Brehler for ride and clinic for women riders. **June 15 topic- Rain and Sun Wear.**

June 29 topic - Bike Comfort

Topics are open to change, make suggestions to Patti Brehler. Prestige Cycles is also site of the Michigan chapter of the Women's Mountain Bike and Tea Society (WOMBATS) Call 810 792-4040 for more information.

Scheduled Rides for June

Call the Hotline (810) 792-4670 for updates or call Rick Jones (810) 879-2490 to schedule a ride.

Sunday June 9 8:30 a.m.: meet Dave Coutler at Algonac Ferry to Wapole Island (park in shopping center parking lot) for 60 mile ride @ 16-18 mph to Mitchels Bay in Canada.

Friday, June 28th 8:30 p.m.: meet Dave Courtier at Armada Jr High school for 30 mile night ride, headlights & tail lights mandatory. Ride up to Berville and Memphis. This is a good time to test your lighting system.

Sunday June 30th 8:00 a.m.: meet Dave & Sharon at Stony Creek boat launch for 55 mile @ 16-18 mph ride to New Baltimore for breakfast.

Tour DeStony

This years first Tour DeStony was held on June 5th with good weather and many riders. The Stony Creek one lap timed personal fitness rides are scheduled for **Wednesday evenings 7:00 p.m. July 10, July 31, Sept. 11.** Club members only are welcome to come out to see how their riding speed progresses through the season. Awards will be given at the Christmas party. Call Hank Thoenes for more information. see Hank Thoenes' article for more details.

MS 150

The MS-150 bike tour-pledge ride for the Multiple Sclerosis Society will be on **July 13-14.** Applications are out, for more information contact the MS Society 2611 Evergreen, Suite 100, Southfield MI. 48076-4481 phone 800 350-0020. The Clinton River Riders have been volunteer ride leaders for the last 10 years. If you want to volunteer, contact Steve Morauski (810) 773-2213

NATCHEZ TRACE BIKE TOUR

I am planning a self-contained tour along the Natchez Trace Parkway. We will carry everything we need. Accommodations will include camping, motels and Bed & Breakfasts.

It looks like the best time to do this will be during the last 2 weeks of September. Hopefully, by that time the temperature will begin to moderate a bit and we will still have sufficient daylight.

As of now I am planning to drive to Franklin, TN on Saturday, September 14th. Franklin is just south of Nashville and is at the northern end of the Trace. After spending a night in a motel we will begin our bike tour south. We will be able to arrange to park our cars in Franklin until our return.

I estimate it will take us 8-9 days of riding to reach Natchez, where we may wish to spend a day before heading home. The estimated total distance is 450-500 miles. At the beginning of the trip in Tennessee there are some hills. The remainder of the trip is gentle rolling road. The longest day will be about 70 miles. Most days will be 60 miles or less.

For the return trip, I plan to either rent a car, or take a bus, for the return trip to Franklin (Nashville). I will make arrangements with a bike shop in Natchez, MS to pack and ship our bikes home. An option is to rent a larger vehicle (U-Haul truck) and bring our bikes home with us. I anticipate being back home September 25th or 26th.

If you are interested in joining me, you can contact me at (810)-463-6058 or email: bobgeomts@aol.com.

Bob George

Other Rides and Events

97 Coast to Coast Bicycle Classic

June 16 to August 2, 1997. Seattle, Washington to Asbury Park, NJ. Fund Raiser for the Fred Hutchinson Cancer Research Center. Amy Knoblock, 40638 Elizabeth Dr., Sterling Heights, MI, is seeking pledges (tax deductible) for her ride in the event. Call her at (810) 268-4143 or call the Special Events coordinator for the Fred Hutchinson Center (206) 667-2947 for more information. Tim Kneeland & Associates, Inc. Seattle WA 800-433-0528

Palm, June 22-28

Pedal across Lower Michigan, Fruit Port to St. Clair. A family oriented ride of less than 50 miles a day with camping gear carried by truck to overnight stops. PALM inc. PO Box 7161 Ann Arbor, MI 48107 (313) 665-6327

Glen Lake Ride-about June 21-23

Various routes- will leave from Glen Arbor each day
Contact Dave or Gail Komendará for further information.
(810) 879-6474

Fire Cracker 100 Bicycle Tour. Sunday July 7

15 mile to 100 mile loops. Starting in Brighton. Contact Michigan council AYH. 3024 Coolidge Rd., Berkley, MI 48072 (810) 545-0511

Mio Adventures 1996

June 8 and 9, Mio to Gaylord

An overnight trip about sixty miles each way. Stopping at Garland's for brunch on Saturday morning. Then on to Gaylord to the Holiday Inn. Rooms are about \$80 (eighty dollars) each, all rooms are pool side at this time. Dinner will be at Big Bucks, a new micro brewery and steak house in Gaylord. Sunday will be back to Mio.

June ?, 4-H ride for kids

A two day ride put on for the 4-H club in Mio. This ride is an overnight ride for kids. They will be instructed on safe riding and minor repair.

July 27-28, Mio to Alpena then back to Mio

At this time we are still working for reservations.

September 28-29, Second annual M-M ride the TOSRV of the North. A 210 to 230 mile ride from Mio to Mackinaw and then back in two days. We will have an overnight stop in Mackinaw. Last year we had tail-winds on both days!

October 12-13, Mio Fall Color Tour

Two days of riding and maybe a canoe trip.

If interested in any of these rides call Doug MacDermaid at 810-939-4670 or Glen Pelton 517-TANDEMS (826-3367)

Helmets are required! Rustic camping is available in Mio. Hotels fill up fast so call early.

WAM 300 Wish A Mile bike tour. Aug. 10-11

Fund raiser for the Make A Wish foundation. They grant wishes for seriously ill children. \$50 fee and \$300 in pledges required. Ride starts at Camp Dearborn in Milford with 75 or 100 mile route to Frankenmuth and back next day. Make A Wish Foundation of MI. 913 W Holmes Rd., Suite 111, Lansing, MI (800) 622-9474 in state (517) 882-6500 out of state.

DALMAC: the Dick Allen Lansing to Mackinaw bike tour is August 28th to September 1st. Applications are out so register soon.

Tri County Bicycle Club. DALMAC, PO BOX 219, Haslett, MI 48840-0219 phone (517) 339-1758

Shoreline Bicycle Tours

The League of Michigan Bicyclists 10th annual SBT features several routes to choose from.

East Route is August 3 through Aug. 10, 378 miles starting in Oscoda with overnight camping stops Alpena, Rogers City, Mackinaw City, Gaylord, Mio and Oscoda

West Route-404 miles, Aug. 3-10

Start in Holland with optional Saturday ride from St. Joe to Holland. Ride along the Lake Michigan shoreline to Mackinaw City.

North Route August 10th through 17- 362 miles. Start in the UP at St. Ignace with stops at DeTour, Sault St. Marie, Paradise, Curtis Engadine, St. Ignace. See Tahquamenon Fall, Iroquois Point Lighthouse, etc.

Applications are out. Call Shoreline Registration (616) 744-BIKE (2453) for more information.

One Helluva Ride

Saturday, July 13 in Chelsea, Michigan

Routes from 15 to 100 miles. AABTS-OHR, PO BOX 1585, Ann Arbor, MI 48106

League of America Bicyclists

GEAR and Rally

GEAR is in Millersville, Pennsylvania, June 7-10. Ride in the Pennsylvania Dutch and Amish country of Lancaster County. Attend the Effective Cyclists class and many seminars about bicycling. Stay in the College Dorms.

RALLY is in Dayton, Ohio, July 3-7. Many rides in Ohio and visit the Wright Patterson Air Force museum. Take the Effective Cycling course and attend the many seminars about bicycling.

RAT, Ride Around Torch Lake, Sunday, July 21: in Elk Rapids. The Clinton River Riders usually stay up in Traverse City for the weekend at Warren & Barb Berthelsen's cottage on Old Mission peninsula. Call Berthelsens for more information (810)781-6706

Michigander V: July 20-26: Ride starts in South Haven and finishes at Metro Beach. The Michigander is a mountain bike ride to showcase the Rail-Trails in Michigan and provide riders with a scenic tour of Michigan towns and country. Linda Gorecki is the site coordinator for the last day. Riders will start in Clarkston and ride to Metro Beach. She needs volunteers to help with a rest stop. Sponsored by the Rails to Trails Conservancy. Contact Linda Gorecki at her office (810) 651-9260 if you would like to help.

The Arc Bicycle Program

This provides bicycling training for people with physical and developmental disabilities. John Waterman started it in 1988 and it has helped 140 individuals gain independence,

transportation, exercise and enjoyment by learning to ride bicycles, tricycles, recumbents and tandems that have been purchased by it. Arc Bicycle Program has received funding from Detroit-Wayne Community Mental Health, The Governor's Council on Fitness, Health and Sports, DALMAC Fund, Michigan Fitness Foundation and The Detroit Lions Charities. They still seek donations of money and time so that the program may expand it's reach. Contact:
The Arc Bicycle Program, 35000 Van Born Rd, Wayne MI 48184 (313) 729-9100

Club Jackets

The new club jackets are in stock. Contact Rick Jones for more information (810) 879-2490

Club ID Cards

Identification cards for club members are available from Greg Shultz at club meetings. 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 36558 Moravian Dr., Clinton Twp.	(810) 792-4040
Two Wheel Authority 1109 S. Washington, Royal Oak	542-7182
Pointe Cycle & Fitness 20343 Mack, Grosse Pointe Woods	(313) 886-1968
Mountains of Bikes 42201 Garfield, Clinton Twp.	(810) 412-0500
Antoon's Bicycles 42918 Schoenherr, Sterling Hgts	247-9240
Sterling Schwinn 2169 Metro Pkwy, Sterling Hgts 878 S. Rochester Rd, Rochester	979-7570 652-1555
Big Ralph's Schwinn Cycling 23521 Nine Mack, St. Clair Shores	772-3258
Macomb Schwinn 28441 Schoenherr, Warren	756-5400
Stoney Creek Schwinn 58236 Van Dyke, Washington 48094	781-4451
Main Street Bicycles 112B South Main St., Romeo, MI 48065	336-1177
Anchor Bay Bicycles and Fitness 35241 23 Mile Rd. New Baltimore 48047	725-2878

CRR Mileage and Participation Awards

Rules:

1. You must be member by June 1st to qualify for 1996 awards
2. You must participate as a worker for BWR either prior to or day of ride.
3. You must participate in at least 10 club functions.

Mileage Awards:

1. Self monitored-- must submit mileage cards.
2. 10% of total distance must be on club rides. Club rides include all club supported Invitationals & all club rides posted on Hotline.

Participation Awards:

Based on a point system from club sign in sheets

1. Club Officers **5pts**
2. BWR Committee head **4pts**
3. Club Ride Leaders & CO-Ride leaders **3pts**
4. Each ride, club event and meeting attended **1pt**
5. Ride Leaders and Riders on Invitationals **1pt**
6. Sag Drivers for club rides **2pts**

Youth Awards:

Awards by age only: 15-18, 11-14, and 10 and under.

1. Self monitored--must submit mileage cards. *

Commuter Awards:

1. Self-monitored--must keep track of number of days you commute to work & submit on mileage cards. *

* submit mileage cards minimum of 4 times a year at club meetings or by phone, all miles count.

Top 25 Riders- club miles

Name	Miles
Rick Jones	470
Craig Boyer	341
Patrick Moorman	325
Laurie Brickner	312
Douglas MacDermaid	312
Eric Noyes	309
Ted Gondert	278
Dave Switney	276
Sharon Wiseman	276
Susan Moorman	258
Bill Windhorst	237
George Zloitra	222
Steve Angst	216
Jerry Bartels	214
Mimi Gendreau	211
William Lejack	190
Art Meerhaeghe	186
Ed Gostin	176
Julia Schultz	172

Gary Green	170
Beverly Feucht	166
Duane Nieman	166
Sheila Jones	161
David Henry	158
Jan Trombley	158

Tour De Stoney Stage One By Hank Thoenes

The weather was perfect on Wednesday, June 5th for the club's first Personal Fitness Ride of the season. The night also featured the largest turn out yet for this event. We had riders in so many categories, it was pleasing for the organizers to see so many ride and enjoy themselves. On with the results....

Singles- Females

Julia Schultz 19:11:99
Bev Feucht
Nancy Thoenes

Males

Jerry Pavlat 15:11:75 (24.1mph)
Kirk Carolan
Steve Samolinski

Tandems - male/male

Dave & Jon Martus

female/female

Debbie Angst & Marilyn Tarantino

male/female

John & Marilyn Tarantino 15:36:47 (23.5 mph)
Steve & Debbie Angst
Steve Angst & Vicki Malloch

Thanks go to the following for assisting in the many tasks that need to be done in order for the fitness ride to be successful. Special appreciation goes to Heidi Heck, Sue Pavlat, Bill and Diane Baker, Bill Duemling, and Rick Jones.

IMPORTANT NOTICE....The rained out ride in April is now rescheduled for **JULY 10, 1996**. It is a Wednesday night ride starting at 7 p.m.

Higher Speeds

From the newsletter of the Surface Transportation Policy Project, Washington, DC

An analysis done for the U.S. Environmental Protection Agency indicates that States that raise their speed limits may need to adopt new emissions controls to offset the emissions increases caused by higher speeds. The national Highway System Designation Act enacted in November, 1995, repealed the national maximum speed limit. The EPA-commissioned report states that emissions of nitrogen oxides from cars start increasing above 48 miles per hour, and higher speeds could cause a nationwide increase in NOx emissions of up to 5 percent. In the northeast corridor, which is struggling to reach national air quality standards, the increase in NOx emissions could be as much as 9 percent.

For further information contact Roy Kienitz at STPP, 202-939-3478.

CLUB CONNECTION



ADVENTURE CYCLING
ASSOCIATION

