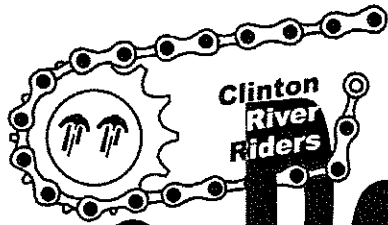


July 2002



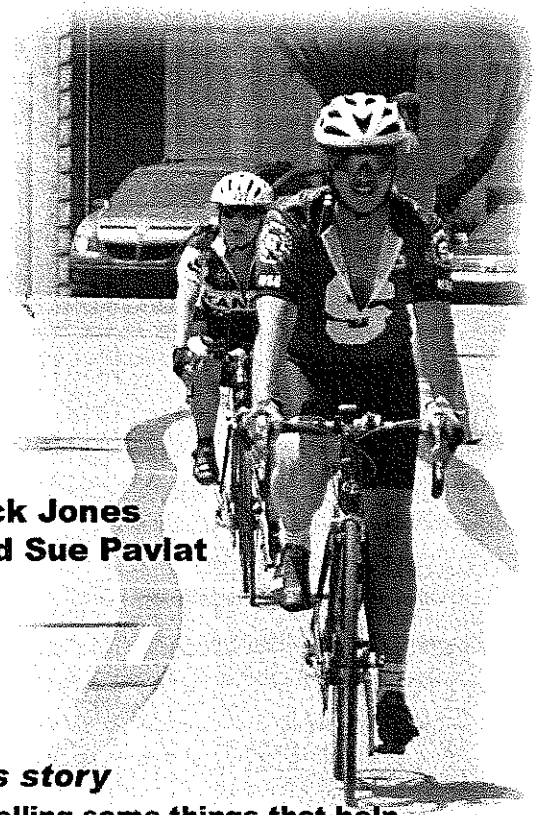
# The Rambler

Bill Windhorst and Sue Pavlat write their thoughts and feelings about the ...

## 24 Hour Challenge



Scott Cheers



Rick Jones and Sue Pavlat

### Bill's story

Telling some things that help someone, like myself, do a 24-hour cycling marathon may help understand how to do one but the actual why and where the desire comes from, I don't think can truly be understood. It's just there. Sometimes you wish it weren't there when your goal for this 8-10 hour session, on the trainer, is to consume more calories so your stomach gets upset just to learn your calorie intake limit per hour. When it happens, you've learned that you stop eating, slow down and sip water till the pains go away but keep pedaling. You know, it really does work! Long sessions "flew by" when a workout CD track like, "You're my Obsession" (everybody needs a Mantra), was blasting out of the headphones. see Bill...p.3

### Sue's story

Arriving on Friday evening, we settle into our hotel. I meet Ken Morris for the first time. He's driven all the way from Lawrence, Kansas to help me reach my goal. Outside it is cold, windy and raining. Rain is in the forecast all evening and into the morning along with the winds. Yuck!

7AM - Saturday morning: what to wear? It's still misting; it's cold and very windy. The caravan of Rick & Sheila Jones, Ken and Jerry and I head out to the starting point of the race. Bill Windhorst, Steve Cheers, and their crew of Julie, Eric Noyes, Mimi Gendreau, see Sue...p.4



Bill Windhorst and Sue Pavlat

# Rides...Hotline 586-819-0222

FOR ADDITIONS, DELETIONS, OR CHANGES TO THE SCHEDULE,  
CONTACT DUANE LARKIN, RIDE DIRECTOR: (313) 372-3731 or dlarkin@todaylink.com  
ANY UPDATED CHANGES WILL BE ON THE HOTLINE UNDER THE UPDATED SECTION - PRESS 4

## WEEKLY RIDES

### Monday...6pm

Join Bill and Diane Baker for a 15-20 mile East-Side Ramble. The ride begins at Rockwell Elementary School, on Masonic between Hoover and Schoenherr. They ride at the the pace of the slowest rider, so it's a great ride for new cyclists. Note: this ride does NOT occur the first Monday of the month, due to the club meeting.

### Monday...6:00pm

Ride with Rick Jones & Company from the MSU Management Center, at Crooks and Square Lake Roads. This is a FAST, HILLY ride of 25-30 miles. The first week of each month, this ride is moved to TUESDAY, to avoid a conflict with the club meeting on the first Monday.



### Tuesday...9am

Join Rick Okerhelm for a ride to Metro Beach and back from Prestige Cycles. The ride is about 30 miles at 14-16 mph.

### Tuesday...5:30pm

Join Rick Moorman for a ride to Metro Beach and back from Prestige Cycles. The ride is 25-30 miles at 15-17 mph.



### Tues. & Thurs...6:30pm

Meet Bill Duemling and Bill Baker at Prestige for 25-30 miles at 14-16mph.

### Saturday...8am

Ride from Stony Creek Boat Launch to Armada for breakfast and back. Round trip is 46 miles. The pace varies according to who shows up, but mostly 16-18+ Bruce Freeburger will be leading a mountain bike ride at the end of this ride.

### Wednesday...5:30pm

It's the weekly Blue Light Special! Meet Gary at the B-3 lamp post in the K-mart parking lot in Troy(Coolidge & Big Beaver). This is a fairly hilly ride of 25-30 miles at 14-16 mph.

### Wednesday...6pm

Meet Steve and Deb at the Church on Lorraine, just north of 12 mile between VanDyke and Hoover for a 30-35 mile ride around town at 16-18 mph. If you want to be on the e-mail list for updates, let us know. s\_angst@yahoo.com NO RIDE ON 7/24

### Thursday...9am

Meet Rich Dyer at the Water Tower in New Baltimore for a 40 mile ride at 17+ mph.

### Thursday...5:30pm

Meet Rick Moorman at K-mart Headquarters for a 30-35 mile hilly ride at 16-18 mph.

### Friday...6:30pm

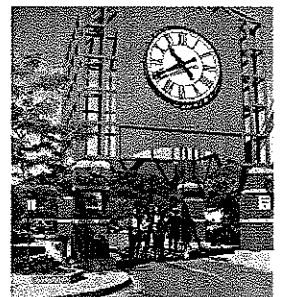
Join Gary Green and Wayne Cook, on alternating weeks, for a 30 mile ride through Grosse Pte. at 14-16mph.

## OTHER CLUB RIDES

### Saturdays...July 20, 27...August 3, 10, 17, 24

Join the Pavlats or the Komenderas for the West Side Breakfast Ride. Leave from the shopping center at the SW corner of Crooks & South Blvd - under the clock in the corner - at 8am SHARP! (Come early for a muffin & coffee at HoneyRayz Grill). Ride 35-45 miles at a pace of 16-18+mph on roads that are quiet and shady with beautiful scenery and flat to rolling hills. Breakfast will be after the ride.

just a note...Steve and I really enjoyed the roads and the food on this ride. For those of you who would like a few hills and little to no traffic - this is the ride for you! Deb Angst



# Join us....

THE FIRST MONDAY OF THE MONTH AT 7PM IN THE MT.CLEMENS RECREATION CENTER LOCATED AT 300 GROESBECK

## Club Officers...

**PRESIDENT...JOHN TARANTINO**  
redtandom@aol.com  
**RIDE DIRECTOR...DUANE LARKIN**  
dlarkin@todaylink.com  
313-372-3731  
**SECRETARY...ERIC NOYES**  
ernmmg@wwnet.com  
**TREASURER...MARILYN TARANTINO**  
redtandom@aol.com  
**EDITOR...DEB ANGST**  
digitaldeb@comcast.net  
**SUNSHINE COMMITTEE...JULIE WINDHORST**  
wetandom@todaylink.com  
586-939-6073  
**CRR CLOTHING...SANDY OVERWAY**  
586-781-8315  
**CRR ON THE WEB...www.imb.org/crr**  
**REGIONAL DIRECTOR...MIKE SPROUL**  
MFSLMBRTC@aol.com



## BWR Committee Heads...

**DIRECTOR...DIANE BAKER**  
dbaker@parkut.com  
**FOOD...RICK OKERHJELM**  
Rick needs someone to take over for next year!  
**PUBLICITY...BILL WINDHORST**  
wetandem@todaylink.com  
**SAG...JOHN TARANTINO**  
redtandom@yahoo.com  
**REGISTRATION...BILL DUEMLING**  
bduemlin@parkut.com  
**ROUTES...DUANE LARKIN**  
dlarkin@todaylink.com

## BWR...

Applications are at the printer. Only 4 months until BWR. Please sign up at the meeting or contact a committee head to volunteer. Lunch will be in the USA this year. There will be a mini-stop in Brander Park.

## STORE DISCOUNTS FOR CRR MEMBERS

THE FOLLOWING LIST OF STORES GIVE CRR MEMBERS A 10% DISCOUNT, SO LETS SUPPORT THEM BY SHOPPING FOR THOSE NECESSARY COOL CLOTHES AND BIKE ACCESSORIES

**PRESTIGE CYCLES**  
36558 MORAVIAN(at Garfield)  
CLINTON TOWNSHIP  
586-792-4040

**AMERICAN CYCLE & FITNESS**  
2169 METRO PARKWAY  
STERLING HEIGHTS  
586-979-7570

**ANCHOR BAY BICYCLES & FITNESS**  
35241 23 MILE ROAD  
NEW BALTIMORE  
586-725-2878

**MACOMB SCHWINN**  
28441 SCHOENHERR  
WARREN  
586-586-756-5400

**POINTE CYCLE & FITNESS**  
20343 MACK  
GROSSE PTE. WOODS  
313-886-1968



**FRASER SCHWINN**  
3264 UTICA ROAD  
FRASER  
586-294-4070

**A SPECIAL THANK YOU  
TO FRASER SCHWINN  
FOR SPONSORING THE  
BWR FANNY FLAGS &  
STAFF SHIRTS**

**ANTOONS**  
42918 SCHOENHERR  
STERLING HEIGHTS  
586-979-7570

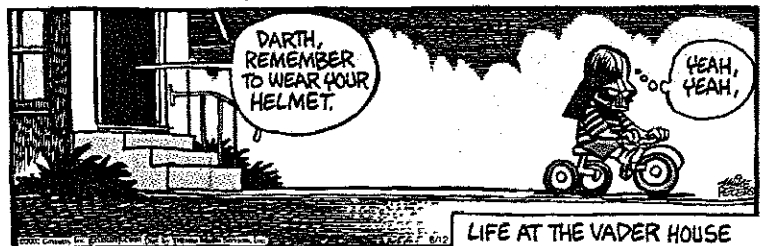
**CYCLE & FITNESS**  
1109 S. WASHINGTON  
ROYAL OAK  
586-542-7182

**STONEY CREEK SCHWINN**  
58235 Van Dyke  
Washington  
586-781-4451

**CONTINENTAL BICYCLES**  
24436 John R  
Hazel Park  
248-545-1225



MOTHER GOOSE & GRIMM By Mike Peters



LIFE AT THE VADER HOUSE

bill...from p.1 **That mantra tells you that "You've Got A New Attitude" (track 5), you're looking out "The Eye of the Tiger" (track 2) and you feel like your "On the Edge of 17" (track 10). These long sessions become a huge mental edge. Most may think a mental problem but the mental part is more than 50% of the battle.**

**You learn the calorie intake lessons and everything associated with them plus anything else you can absorb from articles that experienced Ultra-marathon cyclists have written. Anything from the 4 basic training phases to capsules and liquids that help your body put off what can be a bit of "discomfort" - (Ok, it's just pain!!!!) or give you an edge. If your goals are huge, you need a game plan. Learn about the terrain and calculate time to check points for breaks (if any) etc. Ride it before if at all possible. Put what you think are the best ideas, pills, liquids or whatever into the best combination and stick with it.**

**Finally after 8 months, 3,500 road miles and 3,000 trainer miles, June 15 arrives. As clouds "blow" in with perfect temperatures (50's & 60's) but 15-25 mph winds stay too, you wonder if hopes of hitting your goal are going to be "blown" away. You have to keep thinking about the other Olympic tunes that motivate that thing that's "just there", like "Reaching For My Goal".**

**What gets you up the many hills, knowing the winds will take their toll? There are different things, but one main one. Adrenaline allows you to stay wide awake while your crew naps a little. Seeing your ability to pass others as they grind into the wind much slower. Your crew says you're 20 minutes ahead of schedule after 95 miles. Anticipation of where your "personal photographers" are going to snap your next photo. The endless words of encouragement from club friends that are riding, and their support crew. The "main one" and part of everything mentioned above, your crew and other club member friends that have sacrificed sleep (and much more) as they cater to your every need, by taking your bike, replace bottles/food, give massages. They lay every jacket on you as you lay in the van with the heat on to stop the slight chill that turned into total shivering during what became an extended break. Best of all they never miss yelling as you go by after every lap even at 1am. They even get louder as**

**8:00 approaches.**

**What is going to help me to stay away next year even after not hitting my goal? Four key words from another Olympic tune that were told to me by a person of inspiration and first by my mom as a kid. The line goes like this. "My mama always said, son you may not win every game or every race but all in all, "You Are A Winner".**

**Now what can you really look forward to at the end when you know you have no chance at getting the silver cup for most miles? It's that thank God it's over (again) hug from the "Marathon Widow". You might ask if it's a hug you want, why bother putting yourself through all that and just go grab a hug whenever you need one? It's not just the hug, it's that thing that's just there and if you have to ask, you'll never understand! Maybe I'll try being a support person. Nah! I heard that's way too tough!**

**Billy The Biking Bull**

*sue...from cover* **Friday evening, June 14th we settle into our hotel. I meet Ken Morris for the first time. He's driven all the way from Lawrence, Kansas to help me reach my goal. 9:30PM I go to the van to bring in a few things to the room. It's cold, windy and raining. Rain is in the forecast all evening and into the morning along with the winds. Yuck!**

**7AM - Saturday morning: what to wear? It's still misting; it's cold and very windy. The caravan of Rick & Sheila Jones, Ken and Jerry and I head out to the starting point of the race. Bill Windhorst, Steve Cheers and their crew of Julie, Eric Noyes, Mimi Gendrau, John & Marilyn Tarantino and the photo crew of Deb & Steve Angst have all ready left.**

**We get to the school; I slam down a bowl of oatmeal and take a bowl out to Jerry who is in the parking lot getting my bike ready. It's stopped misting, but the sky is still very cloudy. Temps are in the 50's and the wind is still blowing. Somehow Rick, Ken and I find Bill and Scott at the starting line. Hugs, kisses and good luck handshakes are all given out.**

The stomachs are churning. I'm still not sure if I have on the right clothing.

8AM - the gun goes off and the group of 400+ riders' head out for our first 125 mile loop. Our crews will meet us at the first check point 34 miles down the road. Ken gets up front to break the wind while Rick hangs back with me. The course is very hilly and Ken gets up the hills but forgets to wait for me. So Rick jumps in front to pull me back up to Ken. The three of us work great as a team. Bill & Scott are somewhere up with the lead pack.

9:47AM - we arrive at the first check point 34 miles down the road. Average speed is a little over 19MPH. Cool! We are ahead of schedule. We peel off some clothing. The stop is a fast 4 minutes. Back on the bike to meet Jerry at the 71-mile mark. Somewhere around 60+ miles my rear derailleur won't shift down into the small cogs. Not good on a hilly course. I don't have high enough gears to fly down the hills so I just have to coast. Trying to attack the next hill, I am spinning my brains out at 126RPM's and only going 15MPH. It's totally exhausting and very frustrating. Rick is sure it's in the STI shift lever.

12PM - 71 miles into the race and we pull into the 2nd rest stop. Jerry makes a quick adjustment to the bike. The average speed has dropped considerably. We head back out 7 minutes later. Now it shifts into the high gears, but won't stay in the lower gears for climbing! I have to over shift to attempt to correct it. Rick is still sure it's in the STI lever. Ken is so patient waiting for me to climb. Our team is still working together and I am trying to keep a good attitude.

It's close to 1PM and we are nearing the 95-mile mark. This is the last checkpoint that Jerry will have to drive to. Then he is to head back to the school and remain there as we continue the other loops. The derailleur still isn't working so I told Ken to GO. Those were the rules! If I told him to go, he had to listen to me. He really wanted to ride 400 miles. I now know it was way out of reality for me as I watched my average speed going into the toilet. Rick's goal was to stay with me and help me anyway he could. He was a great cheerleader! When we pulled into the 3rd checkpoint, we had

one of the mechanics looks at the bike. He made some adjustments also. I was hoping this would work. But as we pull back out, the bike is still acting up. A few miles down the road a sag vehicle passes and we flag him down. He makes some adjustments also, but once again, the bike won't work properly.

4PM - the end of the 125-mile loop: Rick and I pull into the school. Ken has already been through. Rick takes a break as I head out on the 22-mile loop #2. The bike is still acting up. I have realized that I am just going to have to live with it. Reaching my goal is way out of reality, but I will continue on as the wind continues blowing. Gerry Bartles and Althea show up to cheer on the CRR's as Rick jumps in with me to ride the second 22-mile loop. As we are nearing the finish, the sky is turning very black and thunder is roaring. Lightning is off in the distance with the wind gusting. When we arrive back at the school, Rick and I take shelter in our vehicles as the ride directors close the course down due to the weather. It is hailing in the next county. I put on my warmer clothing for the evening. Ken is still out in his short sleeve jersey and comes in cold and wet. After waiting it out for an hour, the 6-mile night loop is now open. The rain has stopped and I head out to ride the loop alone.

As the evening wears on, Rick jumps in to ride the 6 mile loop with me on and off. The wind continues to blow as the temp continues to drop. I am now wearing a long sleeve jersey with arm warmers, a jacket, tights, toe warmers, long finger gloves and ear covers. What about this global warming garbage I have heard about? This is the middle of June and it feels like April! Bill's crew and Jerry are wearing all the clothing they brought as they huddle around the lantern to catch any warmth they can find. Jerry tells me Bill is in trouble. He can't warm up. His crew has him covered with blankets lying in the van with the heat on trying to get his body temperature up. As I head out to do another 6-mile loop, I wonder what is wrong with me! This isn't fun any more! At 1AM, I crawl into the van to warm up and sleep for 45 minutes thinking about Bill.

By 3AM Ken has ridden 300 miles. He can live with that as he realizes there isn't enough time left on the clock to get in another 100. He heads cont. sue..back cover



## Touring the Blue Ridge Parkway

by Mike Freeman

Everyone knows that loaded touring is harder than normal riding. But for flatlanders and those who have never toured in the mountains, let me tell you, Skyline Drive and the Blue Ridge Parkway is **HARD!** Thank goodness that the weather in early June is almost perfect... cool nights and warm, dry days.

I knew what I was getting into when I started planning this tour, so the first thing I did was change out my front chainring to hybrid gearing - 48/36/24, but I found out later that wasn't enough. My 8-spd Schwinn Voyager with a 12-32 cassette in the rear was lacking on the biggest hills. I really needed smaller front gearing.

I loaded up my bike for a test run, and found that my bike and gear weighed 75 pounds, but it handled great with small front panniers carrying the heavy food and water, and medium rear panniers. Starting out at the beginning of Skyline Drive in Eastern Virginia begins with a 10 mile climb. The views are gorgeous and a pattern began that demanded stopping at every scenic turnout going uphill, and flying by them going downhill. The rest of the trip would be like that...long climbs up at 5 - 6 mph, and quick descents down at 30 or 35 mph.

A visit to the famous "cookie lady" on the Trans-America route was worth the trip, and there were lots of deer, hawks and buzzards to see along the way. At one point a black bear ran across the road in front of me....a reminder that using a bear bag and hauling food up a tree every night in camp was worth the effort. The views of the mountains were awesome, and at one point smoke began to drift over the area. After riding an hour in smoke, the fire came into view. Just below and a little north of the Parkway, an entire mountainside was burning. I found out later that firefighters couldn't get to this remote area and they were attempting to control it with water drops by plane. It had been burning for a week already, with no end in sight.

Most climbs on Skyline Drive and the Blue Ridge Parkway aren't extremely steep, just very long. However, getting off the Parkway to go to campgrounds is a different story altogether. The first night, heading to the campground, while flying down a 15% grade for 1 mile, I couldn't help but think what was in store for coming back out the next morning. The climb back up to the Parkway was...well, very hard would be an understatement. Doing switchbacks within the roadway was the only way to get up. This would happen several more times as I discovered climbs that steep are normal when you get off the Parkway.

I felt good about averaging between 10 and 11 mph each day, and found that any day over 40 miles was too far. With stops, 45-mile days took 8 to 10 hours. I looked forward to the days that were only 30 miles. A trip like this required careful planning, taking the climbs into consideration. The shortest day by mileage was only 22 miles, but it still took 8 hours. It was 22 miles up a 10% grade with absolutely no break from the steep grade the entire way.

Coming home to the hills of Central North Carolina made me realize that these climbs are a piece of cake compared to the Blue Ridge Parkway.



Mike Freeman  
MDFreeman@mindspring.



**THE 10th ANNUAL CELEBRATION OF CYCLING RIDE SATURDAY, SEPTEMBER 21, 2002**  
Start/Finish: Warrendale Park (in Hines Park)  
Hines Drive (Warren Rd/E. of Tele.), Dearborn Hgts.  
An opportunity for cyclists of all abilities to share the joy of cycling. Routes range from a 12 mile traffic-free jaunt to a 100 mile challenging tour - something for all ability levels.  
Choose your distance - 10, 30 45, 70 or 100 miles. Fantastic fruit, cookies, sandwiches, & beverages on all routes. All proceeds benefit the Arc Cycling Program. No pledges. Those interested may sponsor a cyclist with a disability. "Phantom Riders" (who support the cause without even riding), receive the Phantom long sleeve warm-up shirt.  
CALL: 734-729-9100

# The Prez sez...

This club has been a big supporter of the Macomb Orchard Trail. Another big supporter is Lee Sorensen, the president of M.O.T. friends group. Lee has put many hours working for the trail. He has asked for someone to organize an information booth for the Peach Fest in Romeo on Labor Day weekend, Aug. 31, Sept. 1 & 2.

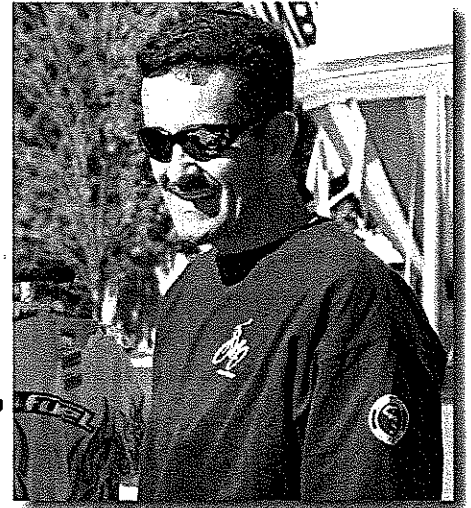
I'm willing to take on this job but I need volunteers for this event. Off the top of my head, we need to cover approximate 30 hours of the festival at 2 hours per person, we need 15 people. Working the booth is very easy. I will have the pop-up tent set-up and it will stay up for all 3 days. I will take it down at the end of the festival.

The booth will have a TV-VCR that we can play a Rail-Trail tape. There will be maps of the trail and pictures. Also a F.A.Q. sheet to answer any questions. Friends group applications will be available along with t-shirts & sweatshirts. A new item for sale will be Macomb Orchard Trail Mix.

Please contact me if you are willing to help for a couple of hours. It is very important that we keep the trail on people's minds. Romeo still hasn't joined the trail commission yet and I would like to see them on board very soon.

Once again, thank you for your help. We need to stand behind people like Lee Sorensen. People like this are few and far between and I don't want to see him get burned out. He would be very hard to replace. Any questions give me a call.

*John Tarantino*



The roster is out this month. If there are any corrections, please let Marilyn Tarantino know so she can correct them.

Remember, no whining!



Sue Pavlat presented her 2001 slide show for the club at the July meeting. Sue has done the club slide shows for many years and has provided the club with many wonderful laughs and memories.

**THANK YOU SUE!**



Bruce Freeburger publishes a weekly bicycle TV guide on the web. The address is:

**BIKESonTV.com**

Bob George is riding across the country. At last check, he was doing great and enjoying his retirement. Hey Bob, think of us once in awhile and have a happy and safe journey!



Friday Night Races at the Velodrome Weekly from 6 to closing. Separate Womens Races if 5 or more entrants. Saturday races all day.

\*Everyone who rides the track will require some level of instruction For more info contact Bill Windhorst at [wetandem@todaylink.com](mailto:wetandem@todaylink.com)

## Happy Birthday...

to our members

### August

08/04 Jerry Pavlat

08/07 Julia Schultz

08/08 Ken Stigleman

08/08 Nancy Duemling

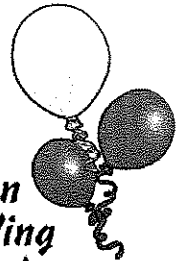
08/10 Michael Sproul

08/14 Warren Berthelsen

08/15 Art Meerhaeghe

08/22 Jane Benard

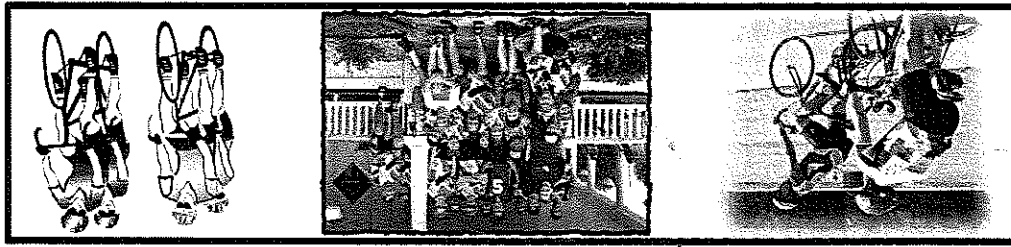
08/26 Mary Padgett



We had thank you's from:

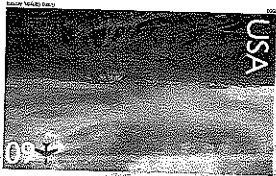
**NANCY DUEMLING** - Nancy is doing better and was at the July meeting.

**DAN KIEFER** - for participating at the Clinton River Trail Day.



Gary & Jan Haelewyn  
41706 Merrimac  
Clinton Twp, MI 48038

Deb Angst  
8676 Community Blvd.  
Warren, MI.  
48093



sue...from p.4 to take a shower as Rick and I go out for another 6-mile loop. I know that Rick is only riding until 5AM. I have made up my mind that when Rick is done riding, I am too. I just can't continue riding in the cold and wind with a bike that won't shift properly. It's no longer fun. My spirit is gone along with my dreams. I feel like I have let everyone down but I can live with my decision. The clock continues to click on towards 5AM. Jerry tells Rick he needs only two more laps to get in 200 miles! Cool! We go for it and Rick finishes just past 4:30AM. He has met his goal and a personal best! I get a call from my son in California to see how I am doing and tell him I have in 261 miles and I am done. He laughs and reminds me I have a little over 3 more hours to ride. I told him it's not fun anymore, and I am done. Jerry gives me a big hug with tears in his eyes

As 8AM, Sunday morning arrives, I join the CRR's crew who stood at the finish line all night long and cheered on every single rider. The Angst photo crew is also there with camera's clicking. The sky is clouding up again, the

wind is still blowing but thank God, the event is over!

The final results are Bill Windhorst: 350 miles, Ken (Kansas) Morris: 300 miles, Rick Jones: 200 miles. And the amazing Scott Cheers had to leave at midnight but still managed to ride 250 miles for his own personal best! If that guy ever got on a light-weight bike, no one would ever be able to keep up with him! Surprisingly my 261 miles won a second place silver medal in my age category.

A special thanks to Jerry who continues to support me in my crazy cycling endeavors and who also holds his own record at the 24 Hour Challenge. He has been at the event 5 times, never ridden one mile and never slept one minute either! He is my #1 crew person!

Sue Pavlat



Sue Pavlat  
and  
Ken Morris