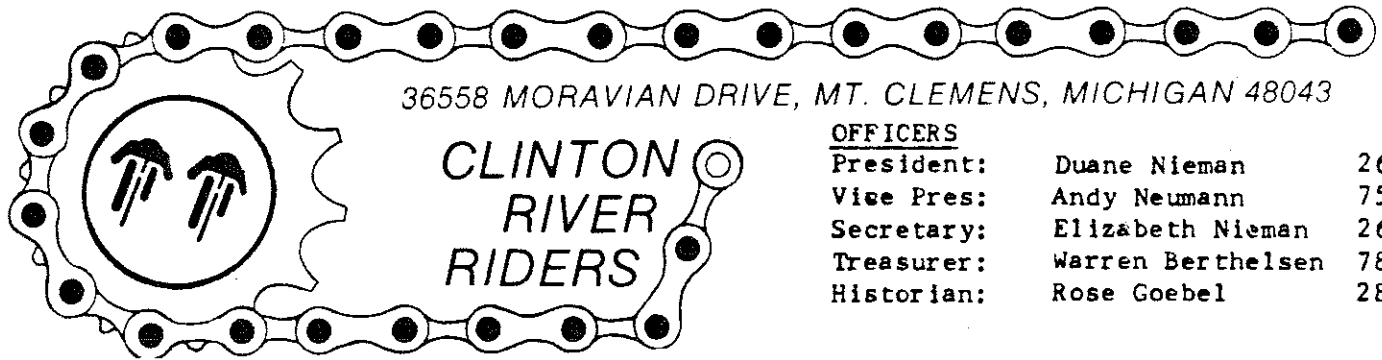


JULY 1987



36558 MORAVIAN DRIVE, MT. CLEMENS, MICHIGAN 48043

OFFICERS

President:	Duane Nieman	263-4234
Vice Pres:	Andy Neumann	756-3369
Secretary:	Elizabeth Nieman	263-4234
Treasurer:	Warren Berthelsen	781-6706
Historian:	Rose Goebel	286-0384

NEXT MEETING - Monday, August 3, 7:00 p.m. at the Mt. Clemens Community Center, located at 300 Groesbeck Highway and Lafayette.

NEW MEMBERS - The Clinton River Riders would like to welcome these new members, Nate Fitzpatrick, Gary & Jan Haelewyn, Bob Latsko, Tony Solomon and Julie Williams. Hope you have many enjoyable rides with our club.

FROM THE DESK OF THE VICE PRESIDENT

I WANT YOU! - I want you to be a ride leader. Anyone can do it, ride whenever you want to wherever you want, at any pace you want. You don't have to be a bike mechanic, or a super strong rider. Plenty of dates are available. If you are even a little interested call me anytime. What good is a bike club without bike riders? Don't wait for someone else to lead a ride that you will enjoy, lead it yourself and bring your fellow club member along.

CONGRATULATIONS - Way to go Dave Heck. I think I speak for the whole club when I say how proud we are of you and your performance in RAAM.

BIG MAC ATTACK - We would like to enter a team in the Big Mac Attack. It is a 165 mile team time trial. The race is on Sept. 20, 1987. I know that we have a lot of strong riders in our club, so lets show the rest of the clubs in the state what we can do. Dave Heck is coordinating our effort, so if you are interested please call Dave at 254-1868.

Andy Neumann
Vice-President

BWR T-SHIRT DESIGN CONTEST - At the August meeting of the CRR, we will be selecting the design for the BWR t-shirts. This is your last chance till next years contest to show the club your artistic skills and win a travel expense paid trip to Ont. Canada (via ferry) on Oct 4, 1987. Attention Matthew Moorman: John Edry has requested that you submit your design at the August meeting.

MAILING PARTY - Monday, July 13, Volunteers are needed to help staple, label and stamp over 1200 Blue Water Ramble registration forms to be sent out to previous riders and other various clubs. This event will be held at 7:00 p.m. at the Moorman household, located at: 36595 Eaton Drive, which is between Kelly Rd. and Groesbeck, south of 16 Mile Rd.

RECRUITING TIME by Denise Cryderman

Okay folks it's Blue Water Ramble recruiting time. October 4th is just around the corner and your club needs your support more than ever at this time.

First I'll address myself to the new club members and explain about the Blue Water Ramble. The BWR is the name given to our club sponsored bike touring open to all riders. We, as a club, plan the different routes to be offered, publish a pre-registration application, plan the food rest stops and virtually take care of all the 1200 registered riders. To prepare for an event like this takes an enormous amount of time both prior to the event and on the day of the ride. Over the past five years the Clinton River Riders has obtained a very good reputation for the excellent quality of our ride. It has taken many man hours to achieve these results and we are extremely thankful to everyone who has given a working hand, no matter how big or small.

Through the past years we have learned through our mistakes, accepted constructive criticism, been open to new ideas and have progressively been refining our planning procedures.

Now, unfortunately the success of this ride seems to lie in the same hands each year. But I suppose any type of club one may join, there are always core workers who carry the work load and the others standby ready to criticize, complain and not get involved. This year there seems to be a shortage of workers.

I make my plea to new and old club members. If our club is to maintain a quality bike event, everyone must put aside all pettiness, complaints and criticisms and all work together. Get involved if you feel you have an idea or improvement to be made. Don't sit back and rely on others to carry the load. This is your club too, and you have every right to help make decisions and an obligation to hang in there when the going gets tough. If everyone would pull together, the unpleasantness of some chores wouldn't seem so bad.

If I might quote an old clique, "All for one and one for all."

All committee heads are open for all willing men, women, and children to help. So, pick up the phone and dial one of the following numbers:

Publicity committee -----	Andy Neumann 756-3369
Day of Ride/Registration committee -	Rick Moorman 792-0119
Route Planning committee -----	John Edry 558-7877
Food and Rest Stop committee -----	Denise Cryderman 293-0162
	Bob Kosen 774-9855

Now, how does Channel 50 say this, "All views expressed are views of the writer not necessarily views of the club."

SIGN UP NOW - So that we will be able to get your size, for a BWR Staff T- Shirt which will be donated by the Pavlats.



CLUB RIDE SCHEDULE

July 12 - Sunday - Ted Gondert will be leading a 50 mile ride at a 15 to 17 pace from the K-Mart parking lot at Gratiot and 23 Mile Rd., to the club picnic area in Algonac, leaving at 8:00 a.m.. For those who would like breakfast meet at the Riviera Restaurant across the street at 7:00 a.m.

July 18 - Saturday - The "DAMN LONG RIDE" led by John Edry. This is a 200 mile ride that will take you north of Port Sanilac and back in one day. John would like to encourage everyone to try this personal challenge with him. The pace will start at a 16 mph pace and will shift too suit the pace of the riders to keep them together as a group. There will be a sag wagon. The ride will leave from the Utica High School, located at Shelby Rd. and 21 Mile Rd. at 5:30 a.m. There will be a breakfast stop in Memphis and stops every 30-40 miles there after. Riders are responsible for their own food at these stops. Contact either John Edry at 588-7877 or Bob Goebel at 286-0384 if you plan to participate.

July 19 - Sunday - Sue and Jerry Pavlat will be leading a BWR pre-ride. This is a 40 mile ride at a 15-17 mph pace that will be leaving the St. Clair High School at 8:30 a.m. There will be no breakfast stop and you are to bring identification and money for the ferry crossing into Canada. Anyone wishing to add an additional 40 miles leave from the K-Mart Parking lot at 23 Mile Rd. and Gratiot at 7:00 a.m. There will be no ride leader from this location.

July 25 - Saturday - "Women on Wheels" (WOW) Mason MI A ride for women. Routes are generally flat. Fee of \$15, includes t-shirt, maps, sag, and cookout after ride. Anyone interested to ride together meet at the registration desk at 8:00 a.m. For more information contact the Tri-County Bicycle Assn., P.O. Box 13001, Lansing MI 48901

July 26 - Sunday - John Edry will lead "The Almost Sort of Wabeek Ride". This is a 70 mile, partially hilly ride, that will take you out to Milford at a 15-17 mph pace. He will be leaving from the Royal Oak Library, 11 mile Rd. and Main at 7:00 a.m.. There will be a breakfast stop approx. 20 miles out and John promises to stop at Hanna's German Bakery on the way back to regain all those sweated away carbo's.

August 2 - Sunday - "Outer Drive Bonsai" Join Dave Gaskell at 7:30 a.m. for an exciting tour of the city of Detroit and its environs. The route starts at the Ram's Horn Restaurant on Mack (north of Cadieux, Grosse Pointe - breakfast at 6:30 a.m.) and follows Outer Drive for a distance of 70 miles. The pace will be **FAST** so bring your "light bikes" and "fast legs"!

August 9 - Sunday - "Lapeer Imlay City Tour"- a route of mixed terrain, some flat. some gently rolling and a few hills thrown in for a challenge. Approx. 35 miles starting from the park on Genesee St. (traffic light just north of the railroad tracks on M-24 in Lapeer.) Departure time 10:00 A.M., bring a lunch to eat along the road. This will be a C pace ride but extra maps will be available for faster riders who wish not to follow the leader.
Anita Allen Tour Hostess 541-6782

August 9 - Sunday - "Ride Around Torch" (R.A.T) Elk Rapids, Mich.
Routes include a century plus, metric century - 62 miles around Torch Lake or a 25 miler to the foot of Torch Lake. Route maps, food stops, repair and sag wagons for emergency. Begins at Elk Rapids High School, 16 miles north of Traverse City. Registration forms are available at Pavlats. Club members meet at registration 7:30 A.M.

August 9 - Sunday - "River Raisin Tour" This ride starts from Monroe County Community College. Routes 31, 62 and 100 miles. Club members meet at registration 8:00 a.m.

CRR WEEKLY RECURRING RIDES

Tuesdays - 6:30 p.m. - Meet your ride leader, Warren Berthelsen or Ron Skiba at Pavlat's for a 25 mile ride to Metro Beach and back. This is an easy pace of 13 to 15 mph

Wednesdays - 7:00 p.m.- Meet your ride leader Ed Gosten at the boat launch (near exit) in Stony Creek Metro Park for a 12 to 14 mph pace ride around the park. Approximately 6 miles per lap.

Thursdays - 6:30 p.m.- Meet your ride leader John Edry at the bank at 17 Mile and Garfield for an 20+ mph pace ride to Stony Creek and back. Approximately 30 miles.

Fridays - 6:00 p.m.- Meet your ride leader Sandra Studebaker in the northeast corner of MCCC south campus parking lot for a 15 to 17 mph. pace to Grosse Pointe for ice cream.

WOLVERINES SPORT CLUB RECURRING RIDES

Wednesday - 7:00 p.m. - 11 Mile Rd. and Main in Royal Oak in the library parking lot. A 25 mile ride at a moderate pace.

Saturday - 9:00 a.m. - Meet at Beverly and Southfield for 60+ mile ride, very hilly (Wabeek area), at a hard pace.

TOURS SPONSORED BY OTHER CLUBS

July 18 - Holland Hundred - Holland MI - 31, 62, & 100 mi. routes. (616-399-9228)

July 26 - RAMM (Ride Across Mid Michigan) 150 mi. coast to coast across the state. (616-780-3298)

Aug. 16 - Assenmacker 100 - Swartz Creek MI - 50, 100, 200k & 100 mi. routes in Genesee, Livingston & Shiawassee Counties. 695-4113

Sept. 3-6 - DALMAC - Lansing to Mackinac Tour

Sept. 13 - Peach of a Ride - Armada MI - 50, 100k & 100 mi. rts.

Sept. 13 - 1987 Fahrrad Tour - Frankenmuth MI - Three routes of 25k, 50k and 100k are offered. Registration fee is \$10. before August 15 and includes spaghetti dinner, patches, sag wagon, and maps. For more info., contact Frankenmuth Optimist Club, P.O. Box 286, Frankenmuth, MI 48734.



OBSERVATIONS FROM AN ULTRA-MARATHON CYCLIST

You've been riding across the country for about 7 or 8 days now and find yourself in Indiana. On the horizon appears 2 people on bikes with Heck Backer T-shirts on. Am I seeing things - NO- its Bob and Denise. What a thrill! They say hi, ask how I'm doing and drop back to the support vehicle to see if they can ride with me. My crew follows the rules and lets them ride behind me for a couple of minutes. I'm excited but keep pedaling. You want to stop and hug them but your kind of busy at the moment. After they leave to go up the road and meet you again, you wonder if they understand how much it meant to you and the crew to see them. In Ohio, Bob and Denise are there again at a time station, now joined by Warren. Eric and Kristie and a club banner. Also in Ohio we meet John, Teddy and E.A.'s dad. They even got pizza for the crew that was on duty. My sister Jo Ann joined the crew at this time. We lost a crew member, David Bennett, who's father died. I just kept pedaling.

I'm stopped at a corner in Washington D.C. look up and to my left and on the next block is the Washington Monument. Less than a minute of pedaling we'll finish. You wait for the excitement and emotion of the moment to take over and you realize your just tired. You've been mentally and physically so involved in biking for over 10 days you don't know what to do now. Sandra flies in just to see the finish and flies back home that afternoon. She gets a hug. Even my dad, brother, sister-in-law and 2 nieces, just a hug. Even my crew (alias The Ducks) who had to put up with me across the country a hug. We are all so tired and drained.

Wednesday evening we arrive at Metro. There again Bob and Denise (boy do they ever get out of their car?) with Ray and Tom to greet us.

It takes awhile but by Thursday the crew and myself start to realize what we have just accomplished and to enjoy the achievement. To those people who came to see us, and be involved even if for just a brief moment, you will never be forgotten.

Even though my whole crew does not belong to the Clinton River Riders this belongs in the newsletter. This was a "we" effort. The crew deserves as much congratulations as the rider does because without them the rider would never start let alone finish. To the Ducks - I LOVE YOU. Ultra - Marathon Cyclist.... I can say that now.

David "Mountain Goat" Heck

P.S. There were two people left out that was Bob and Rose. They were on the course and said hi. We wanted them to come back and get in the support vehicle for an in race interview with myself and the crew for the newsletter but they never came back. Thanks for coming down but you blew an exclusive.

EDITORS NOTE - Dave Heck placed seventh in the Race Across America (RAAM). His time for the 3117 miles race from San Francisco to Washington D.C. was 10 days 15 hours and 49 minutes. Again congratulations Dave, for a job well done!

POINTE PELEE PELOTON - by Pat Gaskell

The sound of freewheels spinning and tires humming on the road broke the morning silence. The anticipation of miles to be covered and prizes to be won hung excitedly in the air. The Clinton River Riders, joined by a member of the Windsor Bicycle Club and several unattached riders, were leaving Windsor for their annual trip to Pointe Pelee National Park.

After covering the first 15 miles (plus the offering of "Big John" Edrys to the god of road rash) the group converged on the city of Amherstburg to join their loyal supporters and surprisingly, the second group of riders at Maria's Restaurant (Did Ron Skiba and I really want to ride with these animals?!?).

Breakfast and socialization finished, the group focused on reaching their destination. Sue Moorman, Rose and Bob Goebel, Marge DeOro and their respective clans, boarded their vehicles (would someone get lost again?) and Janet Horn took her place in the SAG car.

Headwinds prevailing, the group rode steadily to their reward of bountiful food and a refreshing swim, but not without some interesting experiences. Did the lights in the Kingsville restroom really cost ten cents to turn on? And how did Bob Crowley know the city sign to Oxley was hidden in the bushes? Again who could forget that perfectly executed sprint for the Leamington 8km sign?

As the peloton regrouped for their return, contemplating why they hadn't brought their "light bikes" and where had they left their "fast legs", Janet switched places, joining the group, and Joe DeOro took the "civilized" way home.

The ride back was made even more enjoyable by the tailwinds and the thought of an ice cream stop in Amherstburg, courtesy of Dave Gaskell's winning prize money. Does anything motivate Rick Moorman more than ice cream?

The ice cream stop was reached as the first rain drops began to fall. Only Ted Gondert looked for a break in the clouds, saying "I've got my rain jacket."

With rides arranged for the remaining trip to Windsor, the peloton left, satisfied with the days accomplishment and looking forward to next year's challenge.



RIDE DECORUM

Rules of the Road

I. General

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

II. Riding in an Organized Group

A. Ride Leader Responsibilities

1. Explain rules of the ride, pace and distance.
2. Collect signatures from all riders on 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. Riders Responsibilities

1. Obey and cooperate with the ride leader.
2. Notify the ride leader if leaving the ride.
3. Notify the ride leader if having difficulty (this can be done by relaying a message).
4. Obey rules and courtesies of group riding.
5. Ride in a safe and responsible manner.
6. Leave rest stops with the group.
7. Know his/her own riding capabilities.

C. Group Responsibilities

1. Ride as far to the right as practical.
2. Use no more than on half of the lane.
3. A maximum of two abreast is allowed on clear roads.
4. Make all changes in speed and directions in a predictable manner. Erratic riding is dangerous for everyone.

D. Warnings

1. Use warnings only when following riders need to take evasive action.
2. Never use "clear" at an intersection and never assume an intersection is clear.
3. Overused warnings are generally ignored and therefore of little value.

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 otherwise unfriendly gestures toward motorists.

RIDING RECOMMENDATIONS

I. Group Riding Techniques

- A. The single pace line consists of cyclists riding directly behind one another in order to take advantage of a draft.
- B. Each rider should take a turn at the lead (pull). Slower riders take shorter pulls, stronger riders take longer pulls.
- C. When finished with the pull, check for overtaking traffic, signal to the rider directly behind you, move out to the left and drop back to the rear of the group. Stronger riders may choose to drop into a hole in the middle rather than at the back.
- D. The double pace line consists of two single pace lines side by side.
 1. At the end of a pull the rider on the left moves to the left to fall back. The rider on the right drops back to the right. The pace line will pass between the two leaders as they drop at the same time. This should be done quickly so as to avoid motor traffic.
 2. When merging to a single file line the rider to the left will merge in front of the rider immediately to his/her right.
 3. Double pace line should not be used on rough or heavily traveled roads. A single pace line is recommended in these situations.
- E. Hazard Warnings -- What to call and when
 1. "Bump", "hole", "gravel", "glass", etc. should only be used when there is clear danger to the rider following you. When numerous holes, bumps, etc. exist on the road then "rough road" is sufficient.
 2. Any rider calling a hazard must identify the hazard and where it is.
- F. Motion Warnings
 1. "Slowing". "braking", "right or left turn" etc. should be used when the change in motion is substantial.
 2. Snapping the break levers may be used in place of "slowing" or "breaking" in non emergency situations.
- G. Other Warnings
 1. "Car back", "dog right or left" etc. should only be used when the object represents a clear hazard to other riders.
 2. "Car back", should only be used when a motor vehicle approaching from the rear will have difficulty passing. The purpose is to warn the riders in front to merge. On heavily traveled roads, a single line should be used and each rider should assume cars will be passing.

EDITORS NOTE: Enclosed in this months newsletter is a copy of the clubs "Ride Decorum". Please read and observe the guidelines that have been established by the club to promote safe and courteous riding habits.

Andy Neumann has had many request for the words to the unofficial club song, which has been published in this months newsletter. If you have anything you would like to add contact Andy.

It was thrill for our family to be able to see Dave Heck in his journey across America. We were so proud to be able to cheer him on and to see how his crew gave him so much support in his quest. We would have liked an interview with Dave, but he was in such a hurry to get to Washington D.C..


Writing the newsletter is much easier, when fellow club members contribute articles of interest and of biking experiences. Please keep those letters coming and if possible mailed by the first Monday of the month, also anyone having a change of address please notify me.

Rose Goebel
39729 Aynesley
Mt. Clemens, MI 48044

By popular demand, here are the words to the unofficial club song.

CLUB SONG


(Sung to the tune of "I've been working on the railroad")




We're the Clinton River Riders
Riding all day long
We're the Clinton River Riders
And this here is our song

People think that we are
tourist
But we can ride fast
We may not win many races
But we rarely come in last

We will ride our bikes forever
Or at least on Sunday
We're the Clinton River Riders
Tandems lead the way




Dave has got a black Cinelli
Patty wants one too
Mr. Heck is racing in RAAM
He'll show what he can do



We have rode the mighty TOSRV
And done DALMAC too
We have rides for everybody
And we sure have one for you

Then there's the Blue Water
Ramble
It's our biggest ride
Done by our own club members
And done with lots of pride

If you cannot ride an A pace
Come and ride a B
We're the Clinton River Riders
Come along and see



You can ride a double metric
Or just 40 miles
We can't guarantee the weather
But we guarantee the smiles

