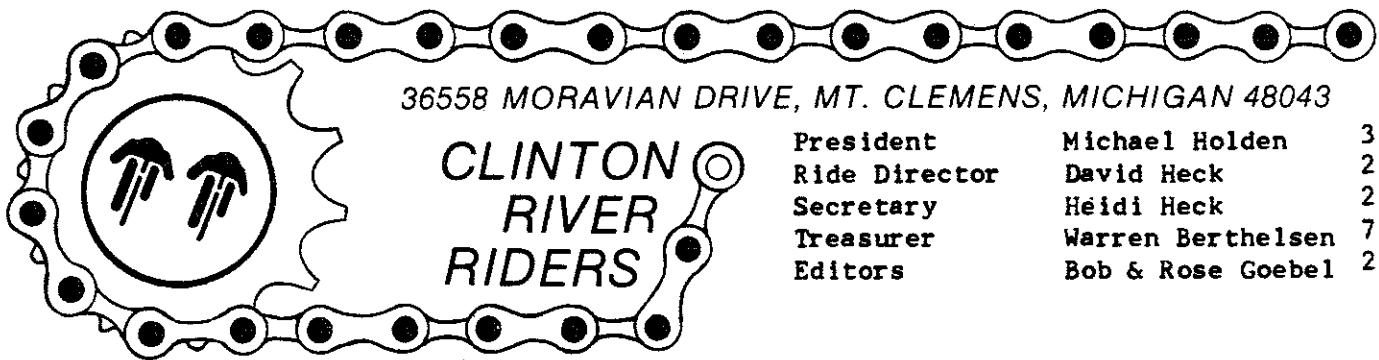


# JULY 1988



**NEXT MEETING** - Monday, August 1, 7:00 p.m. at the Mt. Clemens Community Center, located at 300 Groesbeck Highway and Lafayette. We will be using these facilities for the months of August and September.

**NEW MEMBERS** - The Clinton River Riders would like to welcome these new members to the club; Kate Fredericks, Ron Roude, Neal and Allison Petty. Hope that you have many enjoyable rides with our club.

## FROM THE BIKE

Congratulations to all the people who participated in the time trial. We saw great improvements in times from those who rode in the first one. If that was your first time trial now you have something to shoot for in September. All that training is paying off. Keep up the good work.

Thank you to all the people who worked at the time trial and made it such a smooth operation and huge success.

The last 1988 Club Time Trial for rode bikes is scheduled for Saturday, September 17th. at Stony Creek. Final details will be in the August newsletter.

There are tentative plans to hold a Club tandem time trial for three categories: women, men, and mixed. The date is Saturday, September 24 at Stony Creek. Final details will be in the August newsletter.

The fully supported 100 mile club ride for people who want to complete their first century and for all other club members. The tentative date is Sunday, September 18th. The course will be our own Blue Water Ramble century route. Final details will be in the August newsletter. We want to help people to meet their goals.

Also, in the works for the months of October, November and possibly December are a time trial, rode race, and a cyclocross race for the mountain bikers in the club.

Stay in that saddle,

David Heck

**NEW CLUB JERSEYS** - Club members, sharpen your pencils and come up with a new attractive design for the Clinton River Riders Club jersey. The present Club logo and Club colors, gray and red, must be incorporated into the design. Please submit your design by the October meeting. At that time the club will vote on the best motif.

CLUB SWEATSHIRTS AND SWEATPANTS - For Club members who ordered sweatshirts, they are in and look great. Call Denise Cryderman 293-0162 or Bob Kosen 774-9855. Sweatpants - medium and large are on back order and will be available at the August meeting.

A SPECIAL THANK YOU - A special thanks to Susie, David, Heidi, Big John, Tim and Linda, Tom, Tall Ray, Jerry, and my other friends who came out to the MI National 24-Hour Marathon to help me in my +400 mile quest. A frustrated day was saved for me (I had to drop out at 12 hours with asthma problems) as I watched Susie ride a personal best in her first 24-hour of 337 miles to take first place in her age group and second overall in the women's category! Way to go Susie! Conditions were less than ideal with the heat, wind, and of course, hills! But Susie rode strong and David finished with 361 miles in spite of having a slow afternoon helping me. A good time was had by all in the end! Thanks again and maybe I can get them next time!

Safe and happy cycling,

Patti Brehler

WANTED - Sandra Studebaker, who has already made plans to attend the Bike Centennial in Australia, has asked that any club members, who will not be using their contest entry blank, for the trip to Australia, in the July and August issue of Bicycling Magazine, please send them to her: Sandra Studebaker 18618 Davidson, Fraser, MI 48026

WANTED - A mystery inquisitor request that anyone having a T-Shirt from the first Blue Water Ramble, please wear it to the August 1, 1988 Club meeting. (if you still can)

FOR SALE - Graber Continental bike rack with locks. Holds 2 bikes. Adapts to most vehicles. Used only 4 times. Asking \$75.00 Ron Roude 286-3448

### Against the Clock by Ed Gostin

Thirty eight riders turned out for the second of the Clinton River Riders Time Trial Series to test themselves against the clock. JoAnn Doran led the way with a much improved time of 43:10. The fastest time of the day was a sizzling 29:26 turned in by David Heck. The mighty duo of Tim Phillips and Linda Williams rode a 30:06 to earn the title of fastest tandem for the day. The unstoppable Sue Pavlat once again was the fastest woman with a time of 34:05. The complete results are listed on the next page.



CLINTON RIVER RIDERS TIME TRIALS RESULTS  
12.1 Miles - STONY CREEK

NAME	ELASPED	AVERAGE	ELASPED	AVERAGE	PERCENT
	TIME	SPEED	TIME	SPEED	GAIN
	4-17-88	4-17-88	6-26-88	6-26-88	
1 David Heck			29:26	24.66	
2 Nate Fitzpatrick	33:58	21.37	31:33	23.01	7.67%
3 Ted Gondert	34:25	21.09	32:15	22.51	6.73%
4 John Edry	35:29	20.46	32:55	22.05	7.77%
5 Bill Crowley			33:13	21.85	
6 Bob Crowley	36:40	19.80	33:23	21.74	9.80%
7 Jerry Pavlat			33:27	21.70	
8 Greg Robitaille	39:26	18.41	33:32	21.65	17.60%
9 Andy Neumann	40:27	17.95	33:51	21.45	19.50%
10*Sue Pavlat	38:26	18.88	34:05	21.30	12.82%
11 Bob Kosen			34:09	21.25	
12 Ron Roude			34:23	21.11	
13 Mike Boden	38:59	18.62	36:26	19.93	7.04%
14 Bob Latsko	38:58	18.63	36:42	19.78	6.17%
15*Emalee Newbound	43:51	16.55	36:51	19.70	19.03%
16 Gary Haelewyn	41:26	17.52	37:03	19.59	11.82%
17*Linda Martin			37:06	19.56	
18 Neal Petty			38:01	19.09	
19 Frank LoPiccolo	41:50	17.35	38:22	18.92	9.05%
20 Jim Wright	45:36	15.92	38:58	18.63	17.02%
21*Doris Mulligan TIE	44:16	16.40	39:00	18.62	13.54%
22*Pat Gaskell TIE			39:00	18.62	
23 Bob Goebel	47:27	15.30	40:07	18.10	18.30%
24*Claudia Dominick	50:18	14.43	43:06	16.84	16.70%
25 Ken Koch	49:39	14.62	43:09	16.82	15.05%
26*JoAnn Doran	55:29	13.08	43:10	16.81	28.52%
27*Rose Goebel	50:42	14.32	43:12	16.80	17.32%
28*Lisa Koch	50:54	14.26	45:36	15.92	11.64%
29*Lynn Caloia			46:09	15.73	
30 Paul Patterson			Breakdown		
Art Anderson	35:44	20.32			
Eric Berthelsen	37:42	19.25			
Patti Brehler	38:50	18.69			
Kevin Morrison	38:52	18.67			
Jim Cramer	40:07	18.10			
Rick Moorman	40:28	17.94			
Steve Wilde	40:42	17.84			
Curt Best	41:04	17.67			
Jim Lucchesi	42:17	17.17			
Lance Lehrman	45:41	15.89			
Kristin Berthelsen	47:20	15.34			
Heidi Heck	52:22	13.86			

TANDEM

1 Tim Philips/Linda Williams			30:06	24.12	
2 Patti Brehler/Lou Hotton			31:44	22.87	
Rich Dyer/Ray Dominick	35:21	20.53			

CLUB'S SINGLE BIKE AVERAGE SPEED 17.37 19.78 13.93%

\* Denotes women Riders.

Non Members Times & Speed: C. Johnson, 35:33, 20.42

- T. Schwatz, 36:24, 19.94 - R. Ostrowski, 59:39, 12.17

MICHIGAN MS 150 - First of all I would like to thank all the people who assisted with the MS 150. We tried a new route this year and had many more riders than before. Even though it was our first time to go this far with this many people the tour was a success. We are still crunching numbers, but the rough estimate is \$169,000 in pledges and over 495 riders. Thank you for all your help and I hope that I'll see some of you at next years ride.

Tom & Tina Dominick, Bob Kosen, Denise Cryderman, Teddy Gondert "Bike Doctor" John Edry, Joe DeOro, Judy Van Scott, Jim Cramer, Bob Crowley, Janet Horn, Claudia Dominick, Rick & Sue Moorman "Double Trouble" and Sue "The Animal" Pavlat.

Thank you,  
Andy Neumann

Reception for the MS 150 ride leaders - Wed. July 27, Hyatt Regency Hotel, Dearborn MI 7:00 - 9:00 p.m. Hubbard Room - Hors devours, Cash Bar, RSVP by July 25 967-2211 or 1-800-247-7382

#### CRR BIKING BITS

When crossing a highway don't let a car stop to allow the cyclist to cross. This is dangerous to the driver of the car because traffic behind the car does not expect to see a car stopping in the middle of the highway. The car could easily be rear-ended. Instead flag the driver to continue on its right of way and cross when traffic clears.

#### CLUB RAMBLING'S

Mike Holden's cast off party has been delayed, due to uncooperative bones. Hope we can have a celebration real soon.

CONGRATULATIONS to Kristin Berthelsen, Ken Bowen and Matthew Barton, in completing their first century on PALM.

Is this a new Club style? Dock Siders and Look Pedals. Gee, I wonder how he mounted the cleats?

It would be a good idea for everyone to re-read the clubs "Ride Decorum".

The Club joined Bike Centennial. Ken Koch will be the clubs Advocacy.

Looking to Rent - A moped for a senior citizen to use (preferably a Honda Spree). Call Ken, Rich, or Ray. Money is no problem.

HELP WANTED - Pavlat's will be having a SUPER SALE on August 5th., 6th. and 7th. Jerry and Sue are looking for club members to work for them during the sale. Anyone interested please phone Jerry and Sue, 792-4040.



### CRR WEEKLY RECURRING RIDES

Tuesdays - 6:30 p.m. - Meet your ride leaders, Warren Berthelsen and 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. A good ride for families.

Thursdays - Two paces - Meet your ride leaders Doris Mulligan and Ray Dominick at 6:00 p.m. for a 15-17 mph. pace and John Edry 6:30 p.m. 18+ mph. pace for a ride to Stony Creek and back (approximately 30 miles). Meet at the medical center next to the bank at 17 Mile and Garfield.

Fridays - 6:00 p.m.- Meet your ride leaders Doris Mulligan and Gary Haelewyn in the northeast corner of MCCC South Campus parking lot, for a 15 to 17 mph. pace to Grosse Pointe for ice cream.

### CLUB RIDE SCHEDULE

PLEASE CALL THE CLUBS HOT LINE (792-4670) BEFORE A SCHEDULED RIDE FOR ANY LAST MINUTE CHANGES.

PACE - The speed ridden at while moving - NOT the average speed.

Sunday July 24 - Meet Sue Pavlat at Pavlat's Bike Store at 7:00 a.m. for 50 miles more or less NON-STOP, flat to rolling hills and flat. "So you don't think there are any hills in Michigan, Allison Petty?" The pace will be 17 to 18 on the flats and 15 or less in the hills. EAT BREAKFAST BEFORE THE RIDE AND BRING (2) WATER BOTTLES.

Sunday July 24 - Ride Around Torch - Elk Rapids, MI - Three routes of 25, 62 and 100+ miles. Sponsored by the Cherry Capital Cycling Club. For more information, please contact Warren or Barb Berthelsen 781-6706.

Saturday July 30 - Mountain Bike Ride - Meet Andy Neumann at 7:30 a.m. in the beach parking lot at the Pontiac Lake State Rec. Area, located north of M59 and west of the Pontiac Airport. Terrain: challenging to difficult.

Sunday July 31 - Bob Goebel will be leading a 45+ mile ride, leaving from Romeo High School, 32 Mile Rd. west of Van Dyke at 6:30 a.m.. The pace will be 15-17 mph. There will be a breakfast stop.

August 7 - Sunday - "Damn Long Ride" - 200 Miles - Meet Bob Crowley at Schoolcraft College at 6:00 a.m.. The college is located at Seven Mile Rd. and Haggerty Rd.

August 7 - Sunday - "River Raisin Tour" - This ride starts from Monroe County Community College, 1555 South Raisin Rd., Monroe MI. Routes of 31, 62 and 100 miles.

*Cancelled*  
Sun. 8/7 7:00 am 17 & Garfield 60 miles  
15-17 mph Bob Goebel



### RIDES SPONSORED BY OTHER CLUBS

July 23 - WOMEN ON WHEELS BICYCLE TOUR - Mason, Michigan - Three routes, 15, 30, and 50 mile loops. Sponsored by the Tri-County Bicycle Association.

July 24 - Ride Around Torch - Elk Rapids, MI - Three routes of 25, 62 and 100+ miles. Sponsored by the Cherry Capital Cycling Club.

July 31 - August 6 - Shoreline Bicycle Tour - A seven day tour from Three Oaks, MI to Traverse City, MI, approx. 50 mi. per day.

August 7 - River Raison Tour - 31, 62 and 100 mile routes. Sponsored by the Monroe County Cycling.

August 21 - Assenmacher 100 - Swartz Creek MI - 50, 100, 200k & 100 mi. routes in Genesee, Livingston & Shiawassee Counties.

August 31-September 4 - DALMAC - A four and five day tour from Lansing to St. Ignace MI.

September 11 - Peach of a Ride - Armada MI - 31-100 mile routes.

September 25 - Apple Cider Century - Three Oaks, Michigan - Routes of 25, 50, 75, and 100 miles.

There are many bike tours this season from various bike clubs; registration forms and other information are available at Pavlat's.

### ON THE ROAD WITH DUANE AND E.A.

June 29, 1988.

Dear Fellow Club Members,

We are sitting in Condon Montana having lunch. We hope to camp tonight at Swan Lake.

The Black Hills were beautiful. We learned how to pan for gold, and were successful enough to find some in every pan. From there we went to Custer. We were spared the fate of staying at the Flintstone Park and Campground when a local resident offered us dinner and a bed to sleep in. The restaurant was great! They served prime rib dinner, and we got a choice of about 15 deserts.

The next day we went to Mt. Rushmore. We watched the movie on how it was made and tried to avoid all the gift shops. The faces in the mountain are really impressive and can be seen along way off. The trip up to Mt. Rushmore was especially fun because we were unloaded for the day. The trip down was fast.

At Devil's Tower we got a chance to talk to a couple who had just climbed the lower section. They were cyclists at one time but gave it up for (mountain) rock climbing for safety purposes?? The big excitement at Devil's Tower came when a Mercedes built tour bus pulled in with 23 German tourists a driver and tour guide. The bus looked like a regular tour bus in front. In back were 24 sleeping compartments, 3 high and 8 across. It also had a stove and refrigerator that pulled out from the side.

When we crossed the border into Montana we came across the town of Alzada. They had a great bar, friendly people, and the best food I've had since we left home. It was a 102 degrees outside so we stopped in. It was early afternoon when we got

there and 7 p.m. when we left the first time. It was still 100 degrees so we went back for ice cream and stayed till 8:30. It was finally cool enough to set up camp.

Going through the Indian reservation by Ashland we saw the last of a big fire that wiped out 23,000 acres of forest. It had started on Sunday and was still smoking when we rode through on Saturday. We camped across from the 900 fire fighters brought in to battle the flames. They also had a natural spring there with the best water. We filled up ever container we had before we left the next morning.

When we got to Custer's final battlefield our only regret was that we couldn't spend the day. They give a short presentation every half hour and the three we saw were well done and informative. We also saw the site where Custer was buried; he is now at West Point. The man that described the soldiers uniform and lifestyle was the best of the three. It was interesting to learn that no one knows what happened at that battle. Soldiers didn't arrived for 2 days; by then the indians had taken care of their own, and taken everything they wanted from the dead soldiers.

In Billings we took a day off. Elizabeth slept while Duane was visited by everyone else in camp who was going to, or had been to Alaska. Two young men who were driving up, finally came over and asked if there were any towns close by where they could buy beer. They had seen the camping sign from the expressway but didn't remember seeing a town. Duane gave them directions to Billings, which was very easy because the campground was right on the edge of town, and it is the largest city in Montana. It makes you wonder which is the better way to actually see the country.

We got to Yellowstone on a weekend. That made Duane happy because it is always busier on the weekends. The traffic and the roads weren't too bad. But it's still hard to adjust from the less traveled secondary roads to the over traveled roads of a main tourist attraction. The geyser's and hot pools were very interesting, but so were the tourist; we had fun watching both. We have seen hundreds of cars and campers with bicycles attached. We even met a few people riding, and it was nice to talk to fellow tourist you can relate to and trade stories with.

We hit Missoula on the 27th. of June and spent two days checking over the bikes and cleaning them. This is our half way point and everyone tells us the second half will be better than the first. I don't see how, but were keeping an open mind. If nothing else it will be new territory for both of us. Till next time...

Happy pedaling,  
Duane and Elizabeth

Editors Note: Duane and Elizabeth Nieman left April 16, 1988 from Romeo, Michigan and are cycling their way to Alaska. Anyone wishing to send them a letter, mail it to: Duane and Elizabeth Nieman, 407 N. Main, Romeo, MI 48065. Elizabeth's parents will then send it off to their next mail drop. They love to receive mail.

## The MS 150 "Bike Tour"

by Jim Cramer (As experienced by a Sag/Repair Van Driver)

Saturday, June 11, the first day of the MS 150 Bike Tour, started off quietly and innocently enough, however, things would change and many of them were not for the better.

I parked Pavlat's van at the tour starting point at Schoolcraft College and taped a sign reading "Bike Check Here" to it. The van was loaded with almost everything that could possibly be needed by a bicyclist in mechanical trouble. We had tires of different sizes, including "sew-ups", cases of tubes, water bottles, seat bags, Spenco seat pads, flat-fixer kits, cables, 5 or 6 floor pumps, more tubes, and many other miscellaneous items to sell. We also had a very complete tool box.

The first few riders to stop by only needed air in their tires, but very soon there were dozens of cyclist surrounding the van. Most of them needing air, and many of them needing other adjustments to their bikes. The "tour leaders", all fine, upstanding members of the Clinton River Riders, and myself were kept very busy making minor adjustments to some bikes and giving almost complete tune-ups to others. For example, one bike was disassembled by a bike shop in Atlanta, flown up here and reassembled by the rider, but not completely. The rear wheel wouldn't turn, but the handlebar did, only not in synch with the forks. I spent quite a while on that bike.

Everything on a bike that could possibly need adjusting, was adjusted by one of our fearless tour leaders. We did brakes, seats, derailleurs, head sets, wheel alignments on wheels without quick release gizmos, chains, handlebars, a loose fixed cup, tubes were replaced, etc. And these events all took place before the ride even started!

I didn't have to sag too many riders. I guess most were picked up by the baggage or equipment trucks. However, one more "sagee" sticks in my mind because I had to sag her twice. The first time was a few miles before the lunch stop on a steep hill, the second time was a few miles after the lunch stop. The "sagee" was a teenager riding a big, cheap mountain bike with huger than huge tires, presumably to really stick to the road, and from the expression of fatigue on her face, the tires held onto the road very well. It was really no surprise to find her again, a few miles after the lunch stop, sitting on the hot blacktop shoulder of the road. I helped her get up and get into the van and she was fast asleep before I could load up her bike and get back onto the road. I guess she was pretty tired. I had to keep looking back to make sure she was still breathing because she wasn't moving.

The majority of my time was spent at the rest stops adjusting or repairing bikes. I can only remember 2 riders I couldn't help. One poor guy's rear derailleur exploded and I didn't have a spare; another guy needed at least 1 spoke for his 32 spoke rear wheel and I didn't have any spokes, but he could still ride.

By far, the most interesting repairs were made to, of all



bikes, a real nice, red Bianchi. First of all, the bike had a flat tire, which is pretty normal for bicycle touring. Second, the fixed cup of his crankset was extremely loose, which is unusual, but not something I hadn't come across in the morning. Finally, and this struck me as rather unique, his entire front brake assembly had fallen off and was dangling at the end of the brake cable. I started the repairs by removing the dangling brake calipers from the cable and had the rider duct-tape the cable to the handlebars. I then proceeded to remove the right crank arm and tighten the fixed cup. Changing the rear tire was last and soon the rider was on the road again.

While I was working on the demon - possessed Bianchi, I was adjusting numerous other bikes and trying to eat a stale sandwich I picked up at the lunch stop some 5 hours before.

Finally, at about 7:20 p.m. I rolled into the Holt Junior High School in Holt, Michigan and immediately began making repairs to still more bikes. Even the red Bianchi, now nicknamed "Damian", was there, this time needing a new rear tire.

It was about that time that Sue "(Which way to Mt. Everest)" Pavlat joined me. She was going to be the sag/repair driver on Sunday. I filled her in with the gory and sometimes humorous details of my adventures, but she had done this shtick before and was not too surprised by any of them.

A little after 9:00 p.m. I started working on my last bike repair of the day (and maybe forever!). This bike was different from the rest; it was a brand new, clean TREK 1000 Aluminum! I wiped my dirty hands before I started to change the rear tire. I didn't mind working on that bike as it was the last of so many on that very long Saturday.

#### RIDING TIPS FROM THE TOP by Eric Berthelsen

For the past two years I have been coached by Steve Brown, a former U.S. Olympic coach that moved to Traverse City five years ago. I feel it to be an obligation to pass on some of his knowledge.

RIDING IN THE HILLS: (Sue doesn't need to read this if she doesn't want to) When you are riding in the hills, riders different styles tend to come out more. Some riders like to stay in the saddle while climbing, if you do this you should keep your cadence between 60 and 80 rpm's. If your rpm's drop below that and you feel pressure on your knees, grip the tops of the handle bars and push back on the back of the saddle. You can see this if you have ever seen Greg LeMond riding. Your knees should be behind the pedals when your leg is fully extended. Another type of climbing is to ride out of the saddle. Most professional racers prefer this type of climbing because it allows you to apply more pressure to the pedals and exercises different muscles. While you are doing this, sway your bike from left to right, the sway will be natural to your pedal stroke. Remember: Never climb on the bar drops, this restricts your air intake in your lungs.

THURSDAY NIGHT - 6:30 RIDE

BY: MIKE BODEN

May 12, 1988, having backed out and been rained out, I finally summoned the courage to try the fast group (18+ HA!! HA!!). I arrived twenty minutes early and waited with great apprehension. I watched the other riders ready their equipment. They looked so much faster and younger.

Eight riders approached the start. One lingered in the parking lot, his watch being slow. The ride leader beckoned to him, I waited. Six riders made the light, we three waited for the next green light. We accelerated to 22-23 mph to catch the leading six riders, then to 24-25 mph, no sign of them. I'm having a hard time catching my breath, however, I may be able to keep up by drafting the other two. The ride leader signals me to the front. I begin to pray for a red light.

Two of us run a yellow light at Hahn and Van Dyke. The ride leader stops. No sign of the other six riders. They may have made a wrong turn. Great, I'm risking a heart attack chasing riders who are lost somewhere behind us. Two of us run the red light at 21 Mile and Shelby. The ride leader screams by us at 22 Mile Road. He stops to admonish me for running a red light, informing me this is against club policy and that I would refrain from this behavior in the future.

We approach the hill at Stoney Creek. I'm slowing down, falling off the pace. I hope they don't embarrass me, but they do.

The 6 o'clock group is at the top taking a break, no sign of the lost six. They show up ten minutes later. Thank God for the break.

Down the hill and south on Shelby Road. Always fun on the downhill. Some riders are pedaling. OH! OH! This is serious business. West on 25 Mile Road, 25-27 mph. I don't think I can pull this speed. South on Romeo Plank into the wind. Slow to 23 mph. OH! OH! My turn to pull, passing 21½ Mile Road. 21 Mile Road . . . 20 mph, I signal for help. No response. 19 mph . . . 18 mph . . . 17 mph . . . I pull off, no longer able to keep up. I crawl back to the finish at 16-17 mph, waved and thanked the others and rode on home somewhat elated. Hardest effort I have ever made. I will try again, someday.

**EDITORS NOTE:** The members of the club make the newsletter what it is, by contributing articles of interest. We need your input to keep it enjoyable and informative. We would like upbeat articles, tour information and anything you feel club members would enjoy. Please send it to us by the first Monday of the month.

Bob & Rose Goebel  
39729 Aynesley  
Mt. Clemens, MI 48044

## Cuisine and Culture by John Rabaut

Sunday, June 12th., 5:13 am. I awoke and leaped from my bed filled with excitement for the up coming ride. Well, ok, I admit it, I was hurting a bit from the previous night and it was more of a crawling motion than anything else. Anyway, I slithered out of bed and was in my car by six.

By the time I made it to Macomb's South campus, it was close to 6:30. The sun was shining in a beautiful azure sky, yet it was cool enough to don a wind breaker for the beginning portion of the ride. It was, in fact, a beautiful day for a ball game as George Kell would have put it.

6:30 sharp, the ride leader, Bob Goebel, began leading the pack out of the parking lot. The leisurely pace allowed us to warm up and hold casual conversations. In fact, I met Malcolm Walsh, another new member, for the first time. We talked about the usual things: the weather, the Pistons, and the progression of the Roman-Catholic Church throughout the Anglo-Saxon and Renaissance Periods. Meanwhile the group of approximately 15 meandered through streets with very little traffic.

A short time later, approximately 7:23, the group pulled into the Original Pancake House on Mack avenue in Grosse Pointe Woods. We were all seated in a very short period of time and began to order breakfast. The food was, as usual, God's gift to breakfast. I cannot recommend the banana pancakes with tropical syrup highly enough. In fact, the only thing that surpasses their food is the incredibly delicious gourmet "joe" (coffee).

After breakfast, we set off with our tires slightly lower due to the extra weight. The group followed Bob gregariously through the streets to Windmill Point and into Detroit where we stopped in a waterfront park to watch a bit of the hydroplane races in the distance.

The ride home was equally enjoyable. The pace was very comfortable and everyone was able to stay together. While rounding the curve on Jefferson by the Ford estate, we encountered the "Art on the Pointe" an annual art show on the estate grounds. After a brief discussion, the group decided to "check it out." We strolled through the grounds looking at the various arts and crafts. With the sounds of a hammer dulcimer drifting through the air, one could see woodworkings, marble etchings, torn paper art, oil and water color paintings, and much more. It was also nice to be able to look at the Ford mansion and grounds.

The day was beginning to heat up as we left the Ford estate and wound our way back to the Macomb campus. We were back at Macomb by 12:15 which was just in time to beat the heat of the afternoon sun. In all, we had traveled approximately 40 miles and were exhilarated by such an enjoyable ride. A good time was had by all!!

## THE ROAD TO MT. MITCHELL

BY: MIKE BODEN

In 1982, I took the Proving Grounds Challenge at Chelsea, and assaulted the hill eleven times. The hill won three times. I was hooked on downhill. Unfortunately, you must climb up to sail down, however, I accepted the challenge. In 1984 and 1985 I was out with knee problems, my seat was too low. In 1986, I was driving to Frankfurt for a 265 mile ride to Wilderness Park, lots of hills. I picked up a book and discovered why my knees hurt. Having quit smoking four packs of Marlboro's per day and no pain in my knees, I was reintroduced to downhill. I went back to Chelsea and made it up the hill all eleven times. In February of 1987, I read about the "Cycle to the Sun" race up Mt. Haleakala, Maui. It seemed like a great thing to do at the time. I made my plans to go in August, September of 1988. However, the race was not held in 1987 and 1988's chances are dim.

I read about the "Assault on Mt. Mitchell" and decided to do it. I asked two buddies if they wanted to sag for me. They agreed, if I went whitewater rafting with them. Lynn wanted to go, also. I sent in my application and made reservations.

The excitement was great. The training was not as great. In May, I rode over 200 miles per week, swam three times per week and did sit-ups and push-ups every morning. At 6:00 p.m., on Thursday, June 2, 1988, Frank, Jim, (non cyclists) Lynn and I leave for Long Creek, South Carolina. At 7:00 a.m., we arrive for breakfast in Long Creek and a seven hour raft trip on the Chattooga River which separates Georgia and South Carolina. It is famous for being the river and lake that the movie "Deliverance" was filmed on. We had an exciting ride and the scenery was incredible.

We arrived in Spartanburg, South Carolina around 6:30 p.m. and checked into the motel. Saturday I checked in and received my maps, information and number. Lynn and I rode around town on our bicycles. Frank and Jim fished. Cyclists were everywhere. The local people catered to us. We saw Pete Pensyres (RAAM world record holder) and enjoyed his presentation on long distance cycling. We saw Sue and Claudia. We marveled at the hilly landscape. I rechecked my equipment and set everything out in anticipation of the next morning. We were to awake at 4:00 a.m. I knew I'd be late. I couldn't sleep. Up at 4:15. Dressed, packed and off to the pancake breakfast.

The parking lot was jammed. Cyclists everywhere. Approximately 1,600 in all. My back hurts. 6:25 a.m., I'm off to the starting line. I ride the two blocks. Looking down I see I've forgotten my water bottles. Quick, back to the van. I hope they haven't left. Back to the start. We're off!! Riders for as far as you can see. Just incredible!! The first twenty miles is rolling hills. Now we're in North Carolina. There's my sag crew. Glad they're here to support me. OH!! OH!! An accident!! Cyclist down in the middle of the road. Blood on the pavement, very sobering. 33 miles. Hills getting higher. There's my sag crew waving. 50 miles . . . I'm 50 minutes ahead of schedule, should slow down. I

suprise my sag crew. I get rid of my tights and long sleeve jersey. Weather's great!! Plenty of water stops with bananas, oranges and apples. 67 miles . . . here's Marion . . . glad to stop and rest. Pull into Burger King, no sag crew, wonder what happened. Oh well . . . I'll proceed. 69 miles . . . there they are. I'm one hour and 15 minutes ahead of schedule. We decide to go to Pizza Hut and eat. Closed. Second choice, Steak House. Massage legs. Rest one hour total. I'm off!! Won't see them till the top. Now on up to the "Water Shed". Three miles . . . very steep. Need lower gears . . . should have listened. Maybe I'll fall over the side and get a free ride. Wow!! This is tough. I shouldn't swear so much. Water stops are on inclines now. Bad sign. Up onto the Parkway. Maybe it will be flatter. My gosh!! Is there no flat land to this country!! UP . . . UP . . . UP . . . However, there have been numerous down-hills, must keep them in mind. Water stop, ten miles to go. Two and a quarter mile downhill, five up . . . two flat . . . one up . . . I can do it. There's the mountain. Looks unreachable. One mile to go. I've left my smile at some lower elevation. There's my sag crew. I'm exhausted. Must rest. I lay down on the road. 200 yards to go. Road hot . . . can't get up . . . need rest . . . Ok, onto glory and food. I made it!!! Let's sit awhile and applaud others as they finish. The view is great. Bus trip down to Ashville, North Carolina. 8:00 p.m., leave for Detroit. 8:30 a.m., home.

# July 1988

SUN MON TUE WED THU FRI SAT

Call the Club's Hot Line 792-4670 for any last minute changes.

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17 Point Pelee 7:00 a.m. Henry's 7:00 a.m. 8:00 a.m.	18	19 Metro Beach 6:30	20	21 Stony Creek 6:00 p.m. 6:30 p.m.	22 Ice Cream Ride 6:00 p.m.	23
24 Pavlat's 7:00 a.m. R.A.T. Tour	25	26 Metro Beach 6:30 p.m.	27	28 Stony Creek 6:00 p.m. 6:30 p.m.	29 Ice Cream Ride 6:00 p.m.	30 Mountain Bike Ride 6:30 a.m.
31 Romeo H.S. 6:30 a.m.						

# August 1988

SUN MON TUE WED THU FRI SAT

	1 Club Meeting 7:00 Mt. Clemens Community Center	2 Metro Beach 6:30 p.m.	3	4 Stony Creek 6:00 p.m. 6:30 p.m.	5 Ice Cream 6:00	6
7 200 Miles 6:00 a.m. Schoolcraft River Kalahn Tour	8	9 Metro Beach 6:30 p.m.	10	11 Stony Creek 6:00 p.m. 6:30 p.m.	12 Ice Cream 6:00	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

