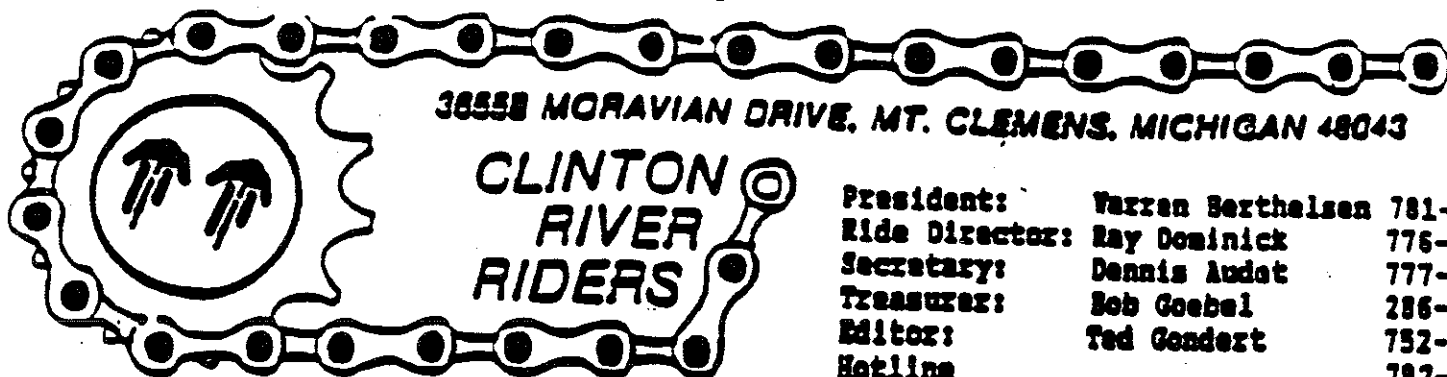


38558 MORAVIAN DRIVE, MT. CLEMENS, MICHIGAN 48043



President:	Warren Berthelsen	781-6706
Ride Director:	Ray Dominick	776-2793
Secretary:	Dennis Audot	777-0837
Treasurer:	Bob Goebel	286-0384
Editor:	Ted Gondert	752-9466
Hotline		792-4670

New Members: The club would like to welcome the following new members: Diane & William Baker & family, Bob Cross, Gregory Gasser, Jackie Kray, Ronald Kyle, Christi Loehr, Stephen & Candy Piatt & family, Brook W. Rice, Eric Shapin, Art Tucker Jr. & family, Christina Uecker, Dave Walley & family. We hope you can enjoy many rides this season with the club.

Club Jerseys: Sue Pavlat has contacted several manufacturers about making the new club jerseys and will check with some Canadian companies also. The jerseys will be available for next year and sample sizes should be available at the store.

Super Sale: August 2-4, Pavlat's Prestige Cycles will need extra help for Super Sale weekend. If you want to try selling contact Sue Pavlat for time and day scheduling.

AWARDS: The club awards will be given at the end of the year for mileage and for club member of the year. There will be a plaque on display at Pavlat's bike shop with the top mileage award for the year and the club member of the year, men and women, engraved on it. The mileage award will be given to the top male and female riders with the most mileage. There is a mileage chart in this newsletter. Mileage for the previous month must be written and

brought to the meeting and given to the ride director, Ray Dominick, or mailed in by the end of the month. If the mileage is not given to Ray that month it will not be awarded. People must be club members and attend at least 10 club events such as meetings, rides, BWR envelope stuffing etc. and also must lead at least one ride. The Member of the Year awards will be based on the number of points a member acquires for club activities. Club officers get 5 points, Ride leaders with a new ride get 4 points, Ride leaders 3 points, Committee heads i.e. BWR mapping, rest-stops etc get 3 points. Workers for the BWR (Blue Water Ramble) get 2 points and participants at club rides and events get 1 point.

Blue Water Ramble: the design for the t-shirt and patch were voted on at the club meeting. The committees need volunteers to sign up for all the work that is needed to keep the 10th annual BWR one of the best rides in the state. Contact Andy or Claudia Neumann to sign up for mapping, registration, rest stop, course marking, etc. and for more information (313) 756-3369. Don't forget that club members have to help with the BWR to be eligible for awards and it also is the main fund raiser for the club.

Ride Schedule: Call the hot-line 792-4670 for updates.

Saturday, July 13, "Hell of a Ride" in Chelsea starting at fairgrounds, routes up-to 100 miles going thru Hell, MI.

Sunday, July 14 6:00 a.m.: Fat Tire Biathlon, volunteers should meet at Addison Oaks Park (32 mile west of Rochester Rd) to help with registration and course marhalling. The biathlon will be over by 12:00

Sunday, July 21: RAT, Ride Around Torch lake in Elk Rapids, MI. Warren Berthelsen has a cottage in Traverse city with camping on the beach and the club members can stay for the weekend. Contact Warren Berthelsen for more information.

Saturday, July 27: "Beat The Boats" in Port Huron, the annual race against the sailboats to Mackinac Island. 325 miles non-stop with support crew. Sue Pavlat and Ron Dossenbach will be competing in this event.

Sunday, July 28 8:00 a.m.: Point Pelee: meet Rick Moorman at Mavia's restaurant in Amherstburg, Ontario for breakfast at 7:00 a.m. ride starts at 8:00 a.m. for 80 mile ride to Pt. Pelee park and back @ 15-17 MPH. This is a picnic ride and the families are invited to drive to the park in Canada and meet at the Blue Heron picnic area. Swimming, nature walks and picnics are at the park. Ice cream stop at end of the ride in Amherstburg. This is an all day ride.

Friday, Aug 9 6:00 p.m.: meet Gary Haelewyn at Pavlat's bike shop for ride to Metro Beach stopping in downtown Mt.

Clemens at Riverside park at 7:30 p.m. to listen to the Bobby Lewis Band and eat ice cream.

Sunday, August 11, "River Raisin Tour": starting at Monroe Community College with routes up-to 100 miles in the flatlands of southern Michigan.

Sunday, August 18, "Assenmacher 100" in Swartz Creek, MI routes up to 120 miles.

Frankenmouth has been postponed to Sept because hotels were all booked for Music Festival on August 17-18. Contact Gary Haelewyn (313) 286-5094 for more info.

DALMAC training: Saturday, Aug 10 7:00 a.m.: meet Rick Moorman at the Management Training center on Sq. Lake Rd E of Crooks. 60-70 miles of rolling hills @ 16-18 MPH, breakfast in Lake Orion.

Saturday, Aug 17 7:00 a.m.: meet Rick Moorman at Beverly (13.5 mile) and Southfield Rd for 70-80 mile ride to Milford @ 17-19 MPH, brunch in Milford.

Saturday, Aug 24 7:00 a.m.: meet at Romeo High School for the Otisville ride of 100+ miles @ 17-19 MPH, brunch stop in Otisville.

These training rides will help you to ride DALMAC with ease and enjoy the trip.

August 4, Tandem Ride
Check the hot-line 792-4670
for any updates

Recurring Rides: Call the hotline at (313) 792-4670 for updates.

Monday: 6:15 p.m. meet David Shaw at the First Baptist Church in Hazel Park, 1 block west of I-75 and 9 mile turn north at Wendy's. 14 mile ride at 14-16 MPH

Tuesday: 6:30 p.m. meet Warren Berthelsen at Pavlat's Bicycles (Moravian & Garfield) for a 25 mile ride @ 14-15 MPH to Metro Beach.

Tuesday: 6:15 p.m. Metro Beach "Ice Cream Ride" meet Gary Haelewyn at Pavlat's Bicycles (Moravian & Garfield) for 25 mile ride to Metro Beach at 20-23 MPH.

Wednesday: 6:30 p.m. meet Rick Moorman at the medical office parking lot on 17 mile and Garfield for a 30 mile ride @ 15- 17 MPH to Stony Creek.

Wednesday: 6:30 p.m. meet Dennis Audet at Dodge Park for 20- 25 mile ride at 14-16 MPH to Mt. Clemens with ice cream stop

Wednesday: 6:30 pm. meet the Slow Spokes at the NE corner of Long Lake and Livernois for 14-19 miles @ 11-13 MPH around Troy. This is a good beginners ride

Thursday: 6:30 p.m. meet Doug MacDermaid or Kirk & Katie Carolan at the shopping center on Jefferson & Marter (8.5 mile) for a 30 mile ride to Grosse Pointe @ 16-18 MPH.

Friday: 6:00 p.m. meet Andy Neumann at Macomb College south campus, 12 mile and Hayes, for 30 mile ride @ 13-15 MPH to Grosse Pointe for ice cream.

Saturday: 8:00 a.m. meet Doug MacDermaid

or Oscar Balmaceda at Stony Creek boat launch for a 46 mile ride @ 16-18 MPH to Armada for breakfast.

Saturday: 9:00 a.m. meet John Payne at Dondero High School on N. Washington in Royal Oak for 18 mile ride at 11-14 MPH. This is an easy ride for beginners.

Saturday: 10:00 a.m. meet the Wolverines at Stony Creek, West Branch for mountain bike ride of 40-50 miles.

Saturday: 8:30 p.m., Sunset/Night ride, bring lights and jacket if it cools off. meet Blake Bennett (hm# (313) 781- 2316 after 6:00 p.m) at the duck pond in Rochester behind the municipal offices to ride the Paint Creek Trail to Lake Orion for ice-cream and back. 19 miles @ 13-15 MPH up and 15-17 MPH back.

Sunday: 8:00 a.m. meet Dennis Audet at Dodge Park for a 20- 25 mile ride at 14-16 MPH to Mt. Clemens with breakfast at the Broadway Cafe restaurant.

For Sale: 58 cm. Cannondale Criterium bicycle with Suntour Superbe Pro drivetrain, Cateye solar computer, Look pedals. Beautiful black and neon green frame 3 years old, less than 500 miles. \$350. Ken Koch home (313) 286-1587.

La Prealpina roof rack-gutter mount with 3 quick release bike mounts and folding wheel holders. Black and has long rails. Excellent condition. \$100.00 William Guilbert (313) 739-0722

Raleigh Pro track bicycle. 54 cm frame, Campagnolo equipment \$500.00 Dave Gaskell (313) 527-2075

Club Rambling: by Sue Pavlat. Congratulations to Denise Cryderman and Bob Kosen on their recent marriage. Denise and Bob are the third couple in the Clinton River Riders to tie the knot.

Hats off to Jerry Pavlat for taking second place in his age category in the mountain bike race at Addison Oaks. Jerry was 27th overall out of 485 riders! I wonder what he could do if he got serious?

Sue Pavlat and John Pavlat set a Mother/Son record in the Michigan National 24 Hour Challenge in Grand Rapids. They rode a combined mileage of 542 miles breaking the existing record by 72 miles. This was John's first 24 hour event riding 265 miles. Rocket Ronnie Dossenbach won a gold medal in his age category setting his own personal best riding 433 miles. Jim Wright rode 223 miles and Patti Brehler rode the first two loops of 139 miles and crewed with Jerry the rest of the night. It was a great effort considering the 45 MPH winds!

Two CRR club members participated in THE CHALLENGE on June 30th at Stony Creek. Matt Merriwether at age 13 competed in his first race with a finishing time of 17:18:26 and Ed Gostin applied some of the skills he learned in the Bike Expo at Macomb College by changing a flat tire in a fast two minutes in mid-race completing the course in 17:57:76! Way to go guys! Lets see some ladies out there! The next CHALLENGE will be July 21st at 7:00 a.m.

Mike Boden and David Heck participated in the Michigan Fat Tire Biathlon at Addison Oaks. The next event will be July 14 contact Sue Pavlat to volunteer to help.

Adopt-a-Highway: Ever notice the signs on some local highways such as M-53 etc. that read; This section of Highway adopted by ...? The Clinton River Riders could adopt a highway and have our name on a sign too. It requires a 2 year commitment to pick up litter on 2 mile or more stretch of highway 4 times per year on dates of April 25-28, June 1, August 22-25 and October 3-6. Dates can be changed by notifying MDOT. There is a minimum of 6 people and a maximum of 15 who can pick up litter on the side of the road. People must conduct a safety meeting with literature and safety video provided by MDOT to learn safety working near a highway. Orange vests must be worn and will be provided by MDOT. The following sections of highway are available: (1) I-94 north/east of 28 mile road to Marysville. (2) M59 between Romeo Plank and I-94. (3) Gratiot between 10 and 12 mile. If you can make a commitment to clean up the highway 4 times per year than vote yes at the August meeting for the Clinton River Riders to "Adopt-A-Highway". If you aren't going to do it than don't vote for it.

Other Clubs Events: August 10-11, The MS-150 in Canada starting in Grand Bend to the University of Western Ontario in London. Fund raiser for the Multiple Sclerosis Society of Ontario.

MS of Michigan has a one day tour Sept 14 in Kensington of 75 miles.

August 3, Biking for Burns on Bell Isle, Detroit Receiving hospital.

July 20, WOW-Women On Wheels. routes 15 to 50 miles in Mason, MI.

Bike Advocate: by Gary Haelewyn.

Slow Wheels.... Bet you thought I was talking about cycling. Well guess what, I was and I wasn't. Slow Wheels really refers to the wheels of government. Here's an update on recent happenings.

FEDERAL - I spoke with Andy Clark of the Bicycle Federation of America July 9th. He indicated our presence was felt, noting 200 letters received from congressman Bonior's area alone. The Senate has passed its version of a transportation bill which includes some non-motorized vehicle wording. The House was still working on their bill. He hoped the version would include the best parts of Kennedy and Oberstars bills. Gekas of PA has introduced HR-2812 which will require bicycle parking at all Federal buildings. If passed this could trickle down to the States. He asked for our support.

STATE - In 1987 the Recreation Division of the Michigan Department of Natural Resources was formed. One of its objectives is to provide better coordination and direction of trail development among DNR divisions and local units of government. Also in 1987 the Recreation Improvement Fund Act was passed. It dedicated a percentage of State Fuel Tax revenue (about \$2.4 million per year) to trails planning, coordination, improvement, and operations. About \$1.7 million of this goes directly to the Snowmobile Trail Improvement Fund. In 1989 six trail advisory committees were formed comprised of interested people from each major trail objective: walking/hiking, bicycling, snowmobiling, off-road vehicle use, X/C skiing and horse back riding. The results from meetings with these groups is

the "Michigan Statewide Trails Initiative". The draft copy states it will fund public bicycling facilities only if they are for recreational use. They will not make or fund roadway improvements such as road widening or paving shoulders. The draft however recommends repeal of Michigan's "mandatory side-path law". It also asks MDOT to follow AASHTO guidelines when building and improving roads. One of those guidelines says sidewalks should NOT be used by bicycles. Last week I spoke to one of the developers of the draft and asked if anyone was pushing road improvements with MDOT. Seems the poor fellow was not being taken very seriously by MDOT. He might need our help.

LOCAL - I need your help again. Recently there have been articles in local papers about bicycling. Some of the articles have been pro-cycling while others have been from the other direction. We need to respond to these articles, both positive and especially negative, as soon as possible. If you see an article about our sport in a non-bicycling publication such as *The Detroit News*, *Free Press*, *Source*, *Advisor* etc., let one of our committee members know so we can get out a response. Dave Bowman, Bill Duemling, Teddy Gondert, Gary Haelewyn, Ed Rogers.

Fat Tire Biathlon: Sunday- July 14, Aug 25 Run-Bike-Run, 2 mile cross country run- 6 mile mountain bike- 2 mile run at Addison Oaks Park. The Clinton River Riders have volunteered to help with this event. Volunteers should be there at 6:00 a.m. Race starts at 9:00 over by 12:00 Contact Sue Pavlat to volunteer. Volunteers can enter next event free.

CLINTON RIVER RIDERS TIME TRIAL RESULTS

Date: June 30, 1991

2 laps at Stony Creek 12.1 Miles

NAME	1ST LAP TIME	2ND LAP TIME	TOTAL TIME	AVERAGE MPH
Boden, M.	00:16:46	00:16:44	00:33:30	21.67
Bennett, B.	00:17:48	00:17:31	00:35:19	20.56
Crowley, Bill	00:15:10	00:15:17	00:30:27	23.84
Wilkey, C.	00:18:40	00:19:00	00:37:40	19.27
Walley, D.	00:16:42	00:17:08	00:33:50	21.46
Feucht, E.	00:16:23	00:16:55	00:33:18	21.80
Gondert, T.	00:15:18	00:15:22	00:30:40	23.67
Unger, T.	00:14:34	00:14:21	00:28:55	25.11
Van Buren, R.	00:17:07	00:17:18	00:34:25	21.09
Breckenridge, J	00:16:36	00:16:34	00:33:10	21.89
Pavlat, S.	00:16:28	00:16:04	00:32:32	22.32

The Challenge with Greg LeMond:

The first time trial of the series in this region was June 30, at Stony Creek boat launch. The breeze out of the north was flying the flags against a clear sky. Tom Demerly, official pacesetter, set a fast pace for the 5.8 mile course, less than one full lap, of 12:40! or 27.47 MPH. The times for the first Challenge time trial are posted at Pavlat's Prestige Cycles. The next time trials are scheduled for July 21, Aug 11, Sept 15 @ 7:00 a.m..

"The CHALLENGE" is a series of handicapped time trials around the country. There are 20 regions in the country. Greg LeMond races the national pacesetters in a time trial and their handicap against LeMond is calculated. Then the national pacesetters race the regional pacesetters and handicap them. Stony Creek Metro Park is the site for this region. The time trial will be a little less than 1 lap or 5.8 miles. Start time will be 7:00 a.m. with riders off in

1 minute intervals, no drafting. Pavlat's Prestige Cycle (792-4040) is the host shop, Tom Demerly is the pacesetter. The event is geared for the amateur rider. If you enter 3 CHALLENGES you can receive a national ranking. The fastest riders in the different age and gender categories will be sent to the national time trial event in California, all expenses paid, to compete and meet with Greg LeMond or Inga Thompson. USCF riders can enter in a separate category. Pre-entry fee \$10.00.

The Clinton River Riders Time Trials were held at Stony Creek Park after the CHALLENGE. The first rider didn't get going till 9:45. The next club time trial will avoid the CHALLENGE so that club members can ride in the early morning. The last of the Clinton River Riders time trials this season will be in September. More information in the next newsletter.

THE WET, WILD, WINDY, WONDERFUL MS150

or

A VIEW OF THE MS150 FROM AN ULTRA-MARATHON CYCLIST

by Sue Pavlat

I had the opportunity to do the MS150 in a van as a support person with Bill Cleland or to ride it on my bike as a Tour Leader. The decision was simple. I decided to leave my heart monitor at home, forget about my speed or how long I was off the bike at the rest stops and just have fun! This was something I haven't done since 1988 when I took up cycling 'seriously'.

My riding buddy for the event was Joe DeOro. The last time I rode with Joe was on DALMAC in '86 or '87 when it rained for four days straight. It was a miserable DALMAC and I just wanted to get to the bridge to get it over with. It was no longer 'fun' and I was losing it mentally. I can still see Joe at the top of an expressway overpass in Mackinaw pointing, waving, and yelling to me, "Sue there's the bridge!" He had the biggest smile on his face.

On Saturday Joe and I hammered it to the lunch stop only stopping for one repair along the way. Joe saved a damsel in distress with 1" long pink finger nails who was attempting to place her greasy chain back on the chainring after missing a shift. The pain and agony she was going through with the thought of ruining those beautiful nails was a sight to behold. But Joe was her hero! He grabbed the chain with his hands and put it back on the chainring. She was so thrilled and thankful, that as Joe was mounting his bicycle and riding away, she blurted out..."Oh, I have a room at the Holiday Inn in Lansing and you can come and soak in my whirlpool!"

The clouds grew darker and heavier all morning long. History has a habit of repeating itself and as we approached the lunch stop the rain started coming down harder and harder. Joe and I grabbed our sandwiches and found shelter under one of the big U-Haul vans that carried the food. This was another WET MS150.

Pretty soon other club members started showing up and sat with us under the U-Haul. There were no breaks in the clouds anywhere. It looked like another all day rain like last year. As my fingers became numb I decided this was not going to be fun. I did NOT have to ride in it this year so I choose to sag with Bill. Joe decided he would keep me company seeing as we had started out being riding buddies. Besides, I had the opportunity to be a hero too by giving my tights to Susan Moorman who 'had' to finish the ride seeing she was on the back of the tandem. I remembered something my Mother taught me when I was young, and that was...to come in out of the rain. Thanks Mom!

The three of us drove sweep sag along with our designated radio man, hamster 'Hal'. We drove from lunch stop #3 to the next rest stop #4 counting the remaining riders in between. We knew what time #4 was going to close down and the last rider in front of our sweep crew, Andy, Big John, and Teddy would not make it in before the rest stop closed so we picked him up and drove him in to #4. As we were pulling out of #4 to drive to #5 we heard a rumor over the radio from one of the MS sag vehicles, that they had sagged three of our Tour Leaders a few miles, two big guys and one tall skinny guy. Who could this be?? Not the three guys that gave Joe and I so much hassle about not riding in the rain. They were too tough and a little rain wasn't going to hurt them! Besides, once you're wet, how much wetter can you get?

When we arrived at rest stop #5 we waited for our three sweep Tour Leaders to get there. Of course there was all this denial about taking a ride in the MS van. They weren't sissy's like Joe and I! Rain didn't bother them. That was just a rumor we heard. Hamster 'Hal' will have to get his radio fixed. Must be bad air waves or something.

Just before pulling out to drive the remaining course to Lansing I went to visit 'Johnny-on-the-spot'. Just as I got in and had my shorts pulled down, I heard this big booming voice from outside, "Which one is she in? Is it this one?" Man, I knew I was in trouble. I started looking around inside to figure out what to hang on to, or where to go. All of a sudden there was this tremendous earthquake at rest stop #5, and 'Johnny' started pitching and tipping around violently with this big, booming laughter coming from outside. Who would have done such a thing?? Not my FRIENDS Andy and Big John! This was the WILD MS150.

Sunday morning the blue skies and sunshine were calling Joe and I, so we decided to ride our bikes back to Livonia. I knew the repairs along the way were in good hands with Bill at the wheel of the repair van. Most of the things that were going to break had done so on Saturday.

The return trip back to Livonia was uneventful except for the WINDS. One year the people from Grand Rapids will get their turn. They are due for headwinds. The riders must have sailed back home to Grand Rapids thinking they were in Heaven! Joe and I took our time catching all the rest stops and eating our way back to Livonia. I honestly think this is the first ride I have done in years that I have gained weight on!

Joe and I arrived at the college in Livonia and sat on the grass eating our pizza lunch waiting for the rest of the Tour Leaders to come in. I had a big surprise when I saw Jerry standing there looking for me! Jerry held the fort down on Saturday at work so I could get away. Next year it's his turn to ride in the rain!

There was a big cheer from the crowd as the last of the riders and our sweep crew on bikes came riding into the parking lot. They arrived just in time for the pizza to run out just a Jerry got to the front of the line. It was going to be a 30-45 minute wait for the next batch of pizza to arrive so all the rest of the club members gave up their spot in line and sat on the grass except Jerry. He was at the head of the line and that is where he stayed until the pizza came. Now that's a man with patience.

The company was WONDERFUL as we sat around on the grass eating our pizza and telling our MS150 stories. There was much denial coming from those two big guys and that tall skinny guy about taking a ride in the sag van! Bad airwaves!

Thank you Clinton River Riders for the WONDERFUL weekend! Thank you Joe DeOro for being my riding buddy. This ultra-marathon cyclist forgot what it's like to lay back and have fun on a bike. The MS150 was a fun weekend for me. I am honored to be a Clinton River Rider. You all did a WONDERFUL job!