



# July 1996

# Ramble

## Blue Water Ramble

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

**Registration:** Bill Duemling,

**Publicity:** Debbie Angst

**Rest Stops:** EA Nieman

**Routes & Sag:** Eric Noyes & John Tarrantino

**Day of Ride:** Gary Haelewyn & Ed Rogers.

They need volunteers to make the BWR a success. All club members are asked to help.

**The BWR applications are out now so Registration needs people to type in names from the applications.**

**Publicity needs people to contact newspapers, etc. Rest Stops need people to set up the rest stops and hand out the food and drinks. Routes and Sag need people to paint the route and help make the maps. Drive sag wagons and do bike repairs.**

**Day of Ride needs people for parking and getting riders on & off the ferry. Please call them or sign up at meetings. Volunteers receive T-shirts. Must be on a volunteer list by the September meeting so T-shirts can be ordered. October 6, 1996 is fast approaching. We need to start publicity and planning on BWR to make it a success.**

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

## For Sale

Centurion 'LeMans' road bike. 58 cm (23 in) frame. Magenta/White. Tangent no 2 tubing. Shimano 105 brakes. 38, 45, cranks, derailleurs. Exage Sport hubs, brake levers, shift levers. Well maintained, in very good condition. Asking \$175. (810)786-5911 Kirk Garland.

## Rhode Gear Euro Shuttle

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

## Tandem-Burley Duet (road) Medium

size. Low miles, extras \$700. Call John (810) 753-8945

## Help Wanted

The Clinton River Riders Bicycle Club inc. are looking for accountant who is familiar with Non-Profit organization to help file our paper work. Call John Tarrantino or a club officer if you can help.

## Next Meeting

**Note: date change because club officers will be out of town first week in August and September is Labor day.**

Monday, Aug. 12 1996

7:00 p.m. at Mt. Clemens

Recreation Center

300 Groesbeck (at Lafayette)

## President

Steve Angst (810) 573-8039

## Ride Director

Rick Jones 879-2490

## Secretary

Julie Windhorst 939-6073

## Treasurer

Greg Schultz 775-2208

## Editor

Ted Gondert 752-7043

## LMB Representative

Warren Berthelsen 781-8706

## Hot Line

792-4670

## Ride Schedule

### Reoccurring Rides

Call the Hotline (810) 792-4670 for updates

Summer daylight is here so rides can start later.

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

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

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

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

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

**Wednesday 6:30 p.m.:** meet George Zloistro at Pavlat's Cycle in Royal Oak for 25 mile ride @ 14-16 mph to Cranbrook.

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

**Thursday 6:30 p.m.:** meet Rich Dyer or Steve Angst at New Baltimore water tower for the fast 35 mile ride @ 22+ mph. Short stop at 20 miles.

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

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

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

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

### Full Moon Ride/Clinic for women

**Saturdays 8:00 a.m.** at the Prestige Cycles bicycle shop on Moravian in Clinton Township, twice per month near full moon, rain or shine. Meet Patti Brehler for ride and clinic for women riders. **June 15 topic- Rain and Sun Wear. June 29 topic - Bike Comfort** Topics are open to change, make suggestions to Patti Brehler. Prestige Cycles is also site of the Michigan chapter of the Women's Mountain Bike and Tea Society (WOMBATS) Call 810 792-4040 for more information.

### Scheduled Rides for July

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

**Sunday July 7 8:30 a.m.:** meet Dan & Bev Feucht at Metamora White Horse Inn for 50 mile ride @ 16-18 mph with breakfast stop.

### Sat-Sun July 13-14: MS150 ride at Northville Downs

**Friday, July 26th 8:30 p.m. :** meet Dave Courter at Armada Jr High school on Armada Center road for 30 mile night ride near full moon. Headlights & tail lights mandatory. Ride up to Berville and Memphis. This is a good time to test your lighting system.

**Sunday July 28 8:00 a.m.:** meet Rick Moorman for ride to Point Pelee Provincial Park Ontario, Canada from Amherstburg, Ontario, Canada. Ride will leave Amherstburg from parking lot near Fort Maiden Park at 0800 a.m. . Those wishing to eat breakfast may join us at 0700 a.m. at Marie's(?) located on route 18 near the park. The ride will be 80 miles round trip. Riders should bring a picnic lunch, coolers will be available. Anyone having questions or who is interested in riding one way, say out to the park, should contact Rick or Susan Moorman at (810) 792-0119 for details. Anyone interested in driving a vehicle to the park please call. We will be spending some time at the park as there is much to see and do while there.

**Sat-Sun Aug. 3-4:** Camping trip, self contained. 50 to 60 miles. Call Gary Haelewyn for more details. 286-5094 (H) 643-5408(W)

**Sunday Aug. 4 8:30 a.m. :** meet Dave Courter at Algonac Ferry to Wapole Island (park in shopping center parking lot) for 50- 60 mile ride @ 16-18 mph to Mitchell's Bay in Canada. Be early enough to catch the 8:30 ferry.

### Tour DeStony

One lap timed ride around Stony Creek. Start at Eastwood Beach parking lot. Wednesday evenings 7:00 p.m. July 10, July 31, Sept. 11. Club members only are welcome to come out to see how their riding speed progresses through the season. Awards will be given at the Christmas party. Call Hank Thoenes for more information.

## NATCHEZ TRACE BIKE TOUR

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

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

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

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

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

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

Bob George

## Other Rides and Events

### 97 Coast to Coast Bicycle Classic

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

### Mio Adventures 1996

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

At this time we are still working for reservations.

September 28-29, Second annual M-M ride the TOSRV of the North. A 210 to 230 mile ride from Mio to Mackinaw and

then back in two days. We will have an overnight stop in Mackinaw. Last year we had tail-winds on both days!

#### October 12-13, Mio Fall Color Tour

Two days of riding and maybe a canoe trip.

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

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

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

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

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

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

### Shoreline Bicycle Tours

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

#### East Route is August 3 through Aug. 10, 378 miles

starting in Oscoda with overnight camping stops Alpena, Rogers City, Mackinaw City, Gaylord, Mio and Oscoda

#### West Route-404 miles, Aug. 3-10

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

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

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

### One Helluva Ride

**Saturday, July 13** in Chelsea Michigan

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

### RAT, Ride Around Torch Lake, Sunday, July 21: in Elk

Rapids. The Clinton River Riders usually stay up in Traverse City for the weekend at Warren & Barb Bertheisen's cottage on Old Mission peninsula. Call Bertheisens for more information (810)781-6706

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

## 1996 HOPE RIDE

**Saturday, September 21 7:30 a.m.**

Hope Elementary School, Hope, IN Tours of 6,15,35,54,65, and 100 miles. \$12 until August 4, \$15 until Aug. 21, registration closes. Send SASE to: Hope Ride, PO BOX 115, Hope, Indiana 47246 (312) 546-5703

## The Arc Bicycle Program

This provides bicycling training for people with physical and developmental disabilities. John Waterman started it in 1988 and it has helped 140 individuals gain independence, transportation, exercise and enjoyment by learning to ride bicycles, tricycles, recumbents and tandems that have been purchased by it. Arc Bicycle Program has received funding from Detroit-Wayne Community Mental Health, The Governor's Council on Fitness, Health and Sports, DALMAC Fund, Michigan Fitness Foundation and The Detroit Lions Charities. They still seek donations of money and time so that the program may expand it's reach. Contact:

**The Arc Bicycle Program, 35000 Van Born Rd, Wayne MI 48184 (313) 729-9100**

## Club Jackets

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

## Club ID Cards

Identification cards for club members are available from Greg Shultz at club meetings. Back of card has room for emergency information such as phone #, allergies, etc.

## Bike shops with discounts for CRR members with ID cards.

Prestige Cycles (810) 792-4040  
36558 Moravian Dr., Clinton Twp.

Two Wheel Authority 542-7182  
1109 S. Washington, Royal Oak

Pointe Cycle & Fitness (313) 886-1968  
20343 Mack, Grosse Pointe Woods

Mountains of Bikes (810) 412-0500  
42201 Garfield, Clinton Twp.

Antons Bicycles 247-9240

42918 Schoenherr, Sterling Hgts

Sterling Schwinn 979-7570  
2169 Metro Pkwy, Sterling Hgts  
378 S. Rochester Rd, Rochester 652-1555

Big Ralph's Schwinn Cycling 772-3258  
23521 Nine Mack, St. Clair Shores

Macomb Schwinn 756-5400  
28441 Schoenherr, Warren

Stoney Creek Schwinn 761-4451  
58236 Van Dyke, Washington 48094

Main Street Bicycles 336-1177  
112B South Main St., Romeo, MI 48065

Anchor Bay Bicycles and Fitness 725-2878  
35241 23 Mile Rd. New Baltimore 48047

## Night Ride

**Friday June 28th 8:30 p.m. :** As the sun was sinking on the western horizon a few bicyclists gather under a full moon at Armada Jr. High school for a ride. Dave Courter planned this ride to demonstrate the pleasures of riding after dark with the proper equipment. Duane Nieman & Ted Gondert and Eric Braun arrive at the school and meet Dave Courter. Everybody gets out their bicycle and installs headlights and taillights. Ted Gondert has a VistaLight 6 watt and VistaLight flashing cue light for the rear and also flashing strobe from Radio Shack. Duane Nieman has large Par36 headlight on the front and flashing 12 volt strobe on the rear of his commuting bicycle. Eric Braun used a CatEye dual beam headlight system.

Everybody starts riding north on North Avenue towards Berville while it's still light. The traffic is busier on that stretch of road. When we get to Berville, traffic decreases. Berville road has good pavement as we ride up to Bell River Road. We enjoy the scenery as the sun dips below the horizon and our lights are turned on. Arriving in Memphis we stop for ice-cream on M-19. After a mile or so we turn onto School Section Road heading back to Armada. We see the fireworks in Berville while riding along. Then a couple miles west on Armada Ridge brings us back to our starting spot.

The traffic was sparse on the roads we were on. Proper lighting is a must at night because even if you can see, cars won't see you. Reflectors can't work perfectly because they only reflect light, car drivers or other bicyclists won't see you approaching intersections because their headlights don't point toward you. With proper lighting equipment you can ride at night in safety and extend the use of your bicycle for recreation and commuting.

## CRR Mileage and Participation Awards

### Rules:

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

### Mileage Awards:

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

### Participation Awards:

Based on a point system from club sign in sheets

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

### Youth Awards:

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

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

### Commuter Awards:

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

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

## Top 25 Riders- club miles

Name	Miles
Rick Jones	928
Steve Angst	668
Bill Windhorst	657
Craig Boyer	602
Ted Gondert	594
David Henry	554
Sharon Wiseman	525
Douglas MacDermaid	522
George Zloistro	517
Jan Trompley	509
Dave Switney	457
Debbie Angst	475
Beverly Feucht	469
Julie Winhorst	460
Laurie Erickner	451
John Tarantino	441
Patrick Moorman	433
Dan Feucht	413
Jerry Bartels	398

William Lejack	397
Art Meerhaeghe	393
Eric Noyes	390
Sheila Jones	371
Marilyn Tarantino	363
Doris Mulligan	362

## TOUR DE STONY - STAGE 2

The second personal fitness ride was another huge success. Over 20 people on 22 bikes tested their skills and strength over the 6.1 mile course at Stony Creek Metro Park. The weather was perfect...dry and cool. Most people saw their times

drop as a result of their increased fitness. A new course record of 14:28.95 (25.3 mph) was set by the mixed tandem pair of Ed Gostin and Debbie Cavender...now that's smokin'.

Many club members came out to socialize and assist with many jobs needed to run this event. Our thanks goes to the following members of this event's support crew; Bill Baker, Rick Jones, Sue Pavlat, Bob and Rose Goebel, George Zloistro, Dan Feucht, Dave and Heidi Heck and Family. Dave has done an outstanding job running the timing operation for us...an extra thanks to him for doing a superb job.

Our next personal fitness ride is July 31, 1996 at Stony Creek. It starts at 7 p.m. from the Eastwood Beach parking lot. Please register before 6:50 to make it easier to coordinate the timing. Thanks and keep pedaling.

Hank Thoenes 810-879-8508 or  
hthoenes@edcen.ehhs.cmich.edu

### Results:

#### Single Females

1. Julia Schultz 18:23.051.  
(19.9mph)
2. Bev Feucht
3. Doris Mulligan

#### Single Males

1. Steve Samolinski 15:02.50  
(24.3 mph)
2. Ted Gondert 15:21
3. Jerry Pavlat

#### Mixed Tandems

1. Ed Gostin-Debbie Cavender 14:28.95 (25.3 mph)
2. John & Marilyn Tarrantino
3. Steve & Debbie Angst

#### Female Tandems

1. Debbie Angst and Marilyn Tarantino 17:38.41 (20.7 mph)

P.O. Box 8308, Missoula, MT 59807  
(406) 721-1776

ADVENTURE CYCLING  
a s s o c i a t i o n

by Tim Dudge, M.S., A.T.C., St Vincent Sports Medicine

- Keep the drinks cool - This helps the fluids leave the stomach and aid the rest of the body quicker
- Practice fluid intake - Ingest fluids an hour prior to and during workouts to aid the transition to completion
- Consume fluids frequently - If you wait until you are thirsty, you are already dehydrated
- Choose something you like - If you don't think it tastes good, you won't drink it
- Don't be a Summer Casualty
- Keep Cool
- Keep Hydrated

carbohydrate-loading drink to improve performance during activities of this length are inconclusive. Shakee Performance Maximum Endurance Sports Drink, Gatorade, and Exceed High Carbohydrate Source are all examples of carbohydrate-loading fluids. The purpose of these drinks is to not only replace lost fluids, but to produce more glycogen for greater endurance. Activities lasting between one and three hours is best suited for these drinks. Ultraendurance athletes, those who participate in events up to eight hours long, may benefit from nutrient supplement drinks. Some examples include Gatorpro, Exceed Sports Nutrition Supplement, and Ultra energy. These fluids help replace electrolytes and other nutrients which are lost over this prolonged period of exercise. Here are five easy guidelines for fluid replacement: ■ Choose the right category - Figure out the duration of the exercise and choose accordingly.

## Fluid Replacement

During rigorous exercise in a warm environment, it is not uncommon for athletes to lose one to two liters of perspiration per hour. Finding the correct fluids to replace those lost during a workout can be exhausting in itself. Essentially, there are three categories of sports drinks: 1) Fluid replacing...water is in this category, 2) Carbohydrate Loading, and 3) Nutrient Supplement drinks. all of these drinks should be maintained at a cool (approximately 40°F) temperature, so they exit the stomach quickly, which promotes the availability of fluids to the rest of the body. Examples of fluid replacing drinks: water, Exceed Fluid Replacement Drink, Gatorade, and 10-K. These drinks are appropriate for high-intensity, short duration events lasting an hour or less. The primary concern is to prevent an excessive rise in core body temperature. Evidence that using a

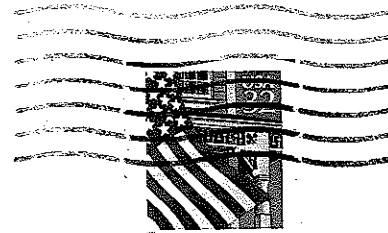
taken from the newsletter of the Central Indiana Bicycling Association, Indianapolis, IN

Bicycle News from the ADVENTURE CYCLING ASSOCIATION



36558 Maravian Drive, Clinton Twp., Michigan 48035

**CLINTON RIVER RIDERS**



"One nice thing about biking shorts... dogs can't bite you if they're busy laughing at you!"