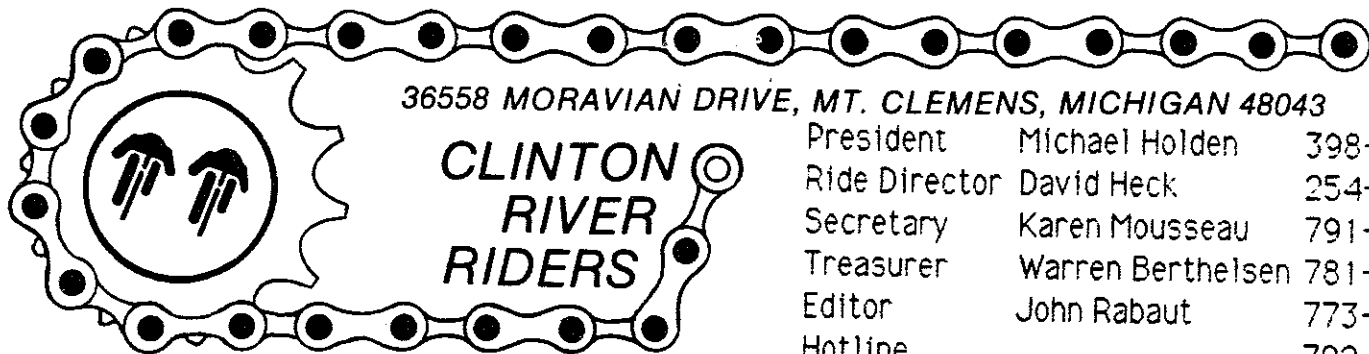


AUGUST 1989

8-14-89



| | | |
|---------------|-------------------|----------|
| President | Michael Holden | 398-1677 |
| Ride Director | David Heck | 254-1868 |
| Secretary | Karen Mousseau | 791-0555 |
| Treasurer | Warren Berthelsen | 781-6706 |
| Editor | John Rabaut | 773-7903 |
| Hotline | | 792-4670 |

Next Meeting - Monday, September 11, 7:00 p.m. at the Mt. Clemens Community Center which is located at 300 Groesbeck Highway and Lafayette.

New Members - The Clinton River Riders would like to welcome Keith & Barbara Pionk, Joe Rumph, and Margaret Sanchez. We hope to see you on the coming events and that you have many enjoyable rides with the club.

Blue Water Ramble - If you haven't signed up to work the BWR this year, please do so as soon as possible. We need as much help as we can get to make this the best ride possible. People are needed to work at registration, at the rest areas, and as SAG drivers. If you are interested, please call Bill Cleland at 775-5125 or John Rabaut at 773-7903.

Emergency Information

Here is a sample of some of the information Jerry and I carry with us in our pockets or in our bike bags when we are on the road. It can be laminated so it won't get destroyed. It has some very important information in the case of an accident in which the rider is unable to communicate. I prefer carrying something like this as opposed to trying to remember to switch my licence, insurance card, etc. from my wallet to bike bag, back to wallet.

Sue Pavlat

NAME _____

ADDRESS _____ CITY _____

STATE _____ HOME PHONE () _____

EMERGENCY NAME _____ PHONE _____

EMERGENCY NAME _____ PHONE _____

BLOOD TYPE _____ RELIGION _____

INSURANCE CARRIER _____

ORGANS DONATED _____

WITNESS _____ DATE _____





R.A.A.M. Hotline - You will be able to find out about all the participants and their progress during R.A.A.M. on a hotline established to cover the event. If you're interested, all you have to do is call 1-900-260-BIKE. The charge is 95 cents per minute. The hotline will continue after R.A.A.M. to give information about other bicycling activities. Kids, be sure to ask your parents before calling.

Missing - Has anyone seen the club banner? If you have any clue to this mystery, please call Denise Cryderman at 774-9855.

From Patti Brehler - Just a note! When you call my phone number (288-6739) for a massage and happen to get my answering machine, PLEASE leave your full name and the phone number at which I can reach you. I've had some difficulty understanding some of my messages and regret that I haven't been able to return some calls. So, if you haven't heard from me in a few days, please CALL BACK!
Thanks much and happy Cycling, Patti

C.R.R. Weekly Recurring Rides

Pace - is the speed while riding not the average speed.

Tuesdays - Two paces - 6:15 p.m. - Meet your ride leader, Gary Haelewyn, at Pavlat's for a 25-30 mile ride to Metro Beach and back. The pace is 18-22 mph, and the ride is limited to the first 8 riders.

6:30 p.m. - Meet your ride leaders Ron Skiba and Warren Berthelsen at Pavlat's for a 25 mile ride to Metro Beach and Back. This is an easy pace of 13-15 mph. A good ride for families.

Thursdays - Three rides - 6:00 p.m. - Meet your ride leader John Edry at the Medical Center next to the bank on 17 and Garfield for a ride to Stony Creek and back (Approx. 30 miles). The pace is 15-17 mph.

6:30 - Meet your ride leader, Mike Boden, for the same ride at a 20+ mph. pace.

7:00 - Meet your ride leader David Heck at the Stony Creek Metro Park boat launch for speed work/time trial practice. The ride lasts approx. 1 hour.

Fridays - 6:00 p.m. - Meet your ride leader at the Northeast corner of the MCCC South Campus parking lot for a ride to Grosse Pointe and back for ice cream. The pace is 15-17 mph. (approx 30 miles.)

Club Events

Saturday, August 12 - Meet your ride leader, Rick Moorman, at 7:30 at Romeo High School for a 75 mile ride through Northern Macomb and Oakland Counties. The pace will be 16-18 mph. There will be **no** breakfast stop.

Sunday, August 13 - The River Raisin Tour - Two Routes. 7:30 - Meet your ride leader, Kathy Pfent, at the registration area for a 100 mile ride at 17-19 mph.



8:30 - Meet your ride leader, Mike Boden, at the registration area for a 60 mile ride at 15-17 mph.

Saturday, August 19 - Meet your ride leader Rick Moorman at 7:30 at Romeo High School for a 100 mile ride at a 16-18 mph. pace. There will be a lunch stop.

Sunday, August 20 - The Assenmacher 100 - Two Routes. 7:00 - Meet your ride leader, David Heck, at the registration area for the 100 mile route at a 20+ mph. pace.

7:45 - Meet your ride leader, Jim Wright, at the registration area for the 120 mile route. The pace will be approx. 17-24 mph.

Sunday, August 27 - The Clinton River Individual Time Trial Series 1989- #3 - Meet at the Stony Creek Metro Park boat launch at 7:00 for a 12.2 mile time trial (2 laps on the road) Helmets are mandatory. If you're not interested in riding the time trial, come on out and lend a hand or cheer on the riders.

Sunday, August 27 - Anyone interested in riding down to Greektown to see the Tour de Michigan races after the time trial, meet at the MCCC South Campus on 12 Mile and Hayes (same as the Friday rides) at 9:30 a.m. We'll take Gratiot down there and return along Jefferson around 12:30. Pace will be 15-18 mph. It looks like about 50-60 miles.

Wednesday, August 30 - Annual Dockside DALMAC Warm-up Ride - Meet your ride leader, Joe DeOro, behind Fuddruckers at Vandyke and 18 Mile Rd. The ride will be 101 miles at 17-18 mph. pace. Note: You must pre-arrange luggage to Lansing.

Saturday & Sunday, September 2 & 3 - Mt. Clemens to Cross Village 165 miles per day at a 17-18 mph. pace. A sag will be available. If interested, call Mike Boden at 263-3346.

Saturday, September 9 - O.D.R.A.M. (One Day Ride Across Michigan) - 158 miles from Muskegon to Bay City at 15-17 mph. A sag and camping will be available. If interested, call Mike Boden 263-3346.

Sunday, September 10 - Peach of a Ride - Meet your ride leader, Mike Holden, at 8:00 at the registration area for the 60 mile route. The pace will 16-18 mph.

Sunday, September 17 - Blue Water Ramble Pre-Ride - Meet at St. Clair High School at 7:00 for the 100 mile route. This ride is geared toward, but not exclusively for, riders completing their first century. The ride will be completely sagged. the pace will be around 15 mph but will be flexible. There will be stops every 20-25 miles and a lunch stop at 50 miles. We will be crossing into Canada so bring proof of citizenship.

Sunday, September 17 - The second Annual Windsor to Chatham ride will leave at 9:00 a.m. from Dieppe Park located at the foot of Oulette Ave. and the river (across from Cheetah's). The flat 60 mile ride will be at a 14-16 mph. pace. The 45 mile return trip will be on the 4:30 train. This is the only train with a baggage car needed for carrying our bikes. Tickets are \$12.00 plus a \$5.00 tariff for the bikes. Canadian funds, of course. We

will have a late lunch in Chatham. Bring voter registration card for I.D. at the border. Any questions? Call Gary Haelewyn

Events Sponsored by Other Clubs

August 13 - River Raisin Tour - Monroe, MI. - See club rides.

August 20 - Assenmacher 100 - Swartz Creek, MI. - See club rides

August 26-27 (28) - London-Paris Weekend Tour - Sponsored by the London Cycling Club of Ontario. Your choice of a 2 or 3 day event. A loosely structured, minimal support tour. Distance & speed are above average so riders should be fit. Contact John Brunet (?) 657-1957.

August 28 - Hastings Summerfest Tour - Hastings, MI. Southeast of Grand Rapids. 25, 62, & 100 mile routes. Contact Carole Garlinger (616) 948-8904.

September 8, 9, & 10 - B.A.M. (Bike Around Michigan) A 3 day ride in the Leelanau peninsula. 30-45 miles per day. It is a pledge ride for the American Lung Association. Phone 1-800-678-LUNG

September 10 - Peach of a Ride - Armada, MI. See club rides.

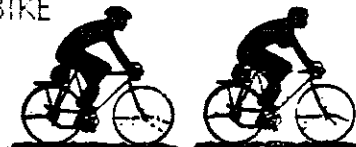
September 14-17 - IHPVA World Championships - Send S.A.S.E. to: 15th IHPSC c/o IHPVA P.O. Box 51255 Indianapolis, IN. 46251-0255 (please specify spectator or participant).

September 16 - Bike For Bucks - Dearborn MI. 20, 50, or 100 km flat rides are used as fund-raisers for Children's Hospital. Contact Downriver Cycling Club, P.O. Box 488, Flat Rock, MI. 48134 or phone (313) 383-0286.

September 17 - Leelanau Harvest Tour - Cedar, MI. Routes of 6, 12, 25, 34, 105 miles. Beautiful fall ride. Phone (616) 941-BIKE

On the road with Duane and E.A.

Dear Club Members,



We are almost 1/2 way down the coast to Sydney. We did not get off to a good start back here on the East coast. I still wave to everyone, when traffic allows, but few people wave back now. The cars are as courteous as they can safely be, but the roads don't have shoulders, and many nights our poor white knuckles have to be pried from the handlebars. After a month, we are finally adjusting to "Civilization" (heavy traffic).

Since we are back in a highly populated, high tourist area, there are at least 100 things to see in each town. It seems like the end of our stay is so close we keep trying to fit it all in at each and every town. It was nice when the main attraction was the scenery, and we could enjoy it while we were riding instead of running around after a day of riding.

One attraction we couldn't miss was the Great Barrier Reef. We took a day cruise out on the reef. It was fascinating to see all the fish whose colors and patterns were beyond description. Because this "world" is so foreign to us, we spent the whole time in awe watching the fish, corals, turtles, and anything else we could find in the few hours we were out there. The marine biologist on board warned us that the brighter the color of a fish, the more dangerous it is likely to be. With razor sharp fins or

poisonous tips to watch out for, I was afraid to touch anything. We were also warned to watch out for the pink damsel fish which were nesting in the area. "When these damsels get distressed, they bite," he warned us.

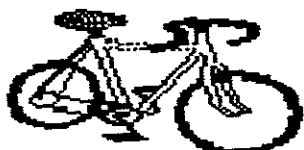
We were very fortunate to see the Reef World Aquarium in Townsville before visiting the real reef. It is a one of a kind, tide pool Aquarium with its own living coral reef. We spent hours there identifying things to watch out for when we got out to the reef. I won't say we recognized even half of the fish we saw, but we did recognize quite a few. We got to spend 3 1/2 hours on the reef itself, and I didn't want to stay any longer because I was freezing. But, I could have easily gone out every day for a week. There was so much to see. I was ready to sign up for diving lessons when Duane reminded me we don't have a coral reef in Michigan, we don't have 40 ft. visibility in Michigan, and the reason I don't normally swim in Michigan is that I don't like cold water. Well, he talked me out of diving lessons, but snorkeling at the Great Barrier Reef was an experience I'll never forget.

The weather on the East coast has not been as good for us either. It is because we are heading south (into the cold), and we are in the winter season. The nights are very cold and wet. We got more rain in our first week than we have seen in the last 3 months. The night we crossed over the Tropic of Capricorn into the Temperate Zone, we hit record cold weather. It was only 2 degrees Celsius. We called home to have our winter pants sent back now instead of waiting till we reach Sydney. It takes 10 days to get mail from the U.S., and I found a "Previously Loved" clothing store that had just what I needed to complete my winter wardrobe.

We are currently 300 km North of Brisbane at Hervey Bay. The big attraction here is Fraser Island. We have been hearing about it since we arrived in Australia. It is the largest sand island in the world and has a little something for everyone. We left the bikes on the mainland because of the sand and took the ferry over. Once on the island we got around by 4WD busses. In fact, all the vehicles are 4WD because of the roads. Even the beach is an officially registered road. Actually, it was one of the smoother roads we were on. While we were on the island, we walked through the rain forest, polished our watch faces in the silica sand beaches, and swam in one of the crystal clear fresh water pools. There was much more to do and see, but we only had a day to see it all.

Even though we are out of the tropics, we are still in sugar cane country. In Bundaberg, they use the cane for rum. We were able to take a tour to see how it is made. It is stored for 2 1/2 years before it is bottled and then sold. It was amazing to learn how much money filters its way to the government (80%). The company does all right though and keeps expanding every year to meet the demands of the thirsty.

Till Next Time, Happy Pedaling,
Duane and Elizabeth



The Beer Flowed and the Bocci Rolled

As the sun rose in the chilly morning air - Oh cut the crap- The morning of the 4th annual Clinton River Rider Picnic was a chilly one. I was able to suck down a cup of "joe" before heading to Karen Mousseau's to meet her and Randy Blanchard. We arrived at the picnic roughly around 9:34:18 to find Sandra, Bob, Teddy, and Ed hangin' out saving the tables for the throngs expected shortly. Everyone else there was getting "joe" in some warm place I never saw. It soon became evident that this was gonna be a rockin' affair. Before lunch arrived the hearty picnickers were off on a fast paced (hey, for Sunday morning it was fast) couple of loops around Stony. The lunch had arrived upon our return, so the group settled down to a leisurely lunch of chicken, salads, watermelon, pop, beer, beans, chili; dogs, etc., and, after a rest, the group got going. While the Volleyball net was prepared the bocci games started. These seemed to be pleasant peaceful games, but the competition was intense. I still think that ball was meant for my head, Randy. He said it slipped, sure it did! Volleyball began and forced the bocci court over. The volleyball battles didn't even try to make the pretense of relaxing games. With names like Andy "Crunch" Neumann, Steve "move it or lose it" Angst, Rick "the enforcer" Moorman, and Jerry "in your face" Pavlat, who could take the game lightly. It was truly a war of attrition. The side with the fewest casualties usually won. I'm still having flashbacks. All in all, I think Denise Cryderman and Bob Kosen deserve a big round of applause for the fantastic job they did putting this thing together. It was done with taste, style, elegance, and just enough blood to make it the best time I've had off the bike this year.

Club Ramblings

Congratulations to Jim and Lorraine Wright who are expecting their 3rd child. This is where the family membership comes in handy.

With the hopes that this Newsletter gets out by the 12th, Good luck to Sue Pavlat and David Heck in their attempt to break the 24 hour tandem distance record. They will be crewed by Jerry and Rose. This editor is confident that the record will fall!

Also, Good Luck to Sue Pavlat who will be racing in the R.A.A.M. qualifier this September 15-17. She must be the first woman to complete the 530 mile course or come within 15% of the winning time. Needless to say, Sue plans to be the first to cross the line.

Congratulations to Kathy Pfent for finishing fourth in the citizens race she entered in Ann Arbor the day of the club picnic. Obviously, the event didn't tire her out enough to keep her from the wreaking havoc on the Volleyball court.





A THINK _____ SURVEY

"Dashing through the _____, on a one horse open sleigh". "This is a channel 4 weather bulletin, a winter _____ storm is in effect for all of Michigan with accumulations by morning of 16 to 20 inches". Moguls, chairlifts, groomed trails, are you getting the "drift" of this article?

I know, its 80 degrees outside and even the BWR is over a month away. Who in their right mind could think of _____ at a time like this? Well Bob Latsko was in my office the other day, (you didn't think it was me that was out of my mind did you?), when suddenly the air conditioner sent a mysterious blast of cold air at us and we found ourselves talking about _____ and upcoming Winter activities. Bob and I do a couple of ski trips each year with the AYH. Then we started talking about YOU. Yes, YOU, the one reading this confusing article!!! We began to wonder if YOU would like to do a ski weekend up north. Well, would you?

Oh, you say you need more information. Well your reading the right article. Here's what Bob and I are thinking:

Destination: Sault Ste. Marie, Canada
Stokely Creek for Cross country has both beginner trails and Expert. Olympic hopefuls train here.
Searchmont for downhill, 700 ft vertical, is a few miles from Stokely. Both would be available.

Transportation: Coach bus. Costs about \$1500 for the weekend, has a head, and will take 40 people. Heavy partiers get the back. Fast food dinner stops both ways.

Lodging: Water Tower Inn, has a beautiful pool, sauna, whirlpool, weight room, 2 restuarants. About \$80 per room per night Canadian

Food: Up in the air, Water Tower Inn has a unique dinner arrangment that can accomodate all of us. Their Breakfasts are very good.

Night Life: Ramada Inn has music and dancing. (short walk)

Now comes the point of writing an article in August about _____ activities in winter. Bob and I need to know your thoughts on this. To that end we have come up with the following small survey. Grab a pen, pencil, crayon, typewriter, whatever, and answer the following:

YOUR NAME: _____
(NOT optional, we need to know who to get back to)

COST PER PERSON: 75-100 100-125 125-150 150-175
(circle the MOST you would be willing to spend)
(Includes: Bus, Lodging, 1 dinner, 2 brkfst, 2 days skiing)

TRANSPORTATION: CAR-POOL BUS (circle one that you prefer)
(If car-pool would you be willing to drive? Y or N)

TYPE OF SKIING: DOWNHILL CROSS-COUNTRY (circle one or both)

WEEKEND CHOICE: 1st _____ 2nd _____ 3rd _____ (enter appropriate letter)
A=12/15-12/17 B=01/05-01/07 C=01/12-01/14 D=01/19-01/21
E=02/09-02/11 F=02/16-02/18 G=02/23-02/25 H=03/09-03/11
(Leave Detroit Friday nite 6:00 PM, Leave Sault Ste Marie Sunday 4:00PM)

If you can, mail it back to us, or, give it to us on any of the rides, or, bring it with you to the September meeting. The results will be published in the October newsletter. Thanks, Bob Latsko and Gary Haelewyn

