

# August 1990

36558 MORAVIAN DRIVE, MT. CLEMENS, MICHIGAN 48043



## CLINTON RIVER RIDERS

President:	Warren Berthelsen	781-6706
Ride Director:	Ray Dominick	776-2793
Secretary:	Sandra Ostrowski	362-1156
Treasurer:	Bob Goebel	286-0384
Editor:	Ted Gondert	752-9466
Hotline:		792-4670

**Next Meeting:** Monday, September 10,  
7:00 p.m. at Mt. Clemens Community Center,  
300 Groesbeck at Lafayette.

**New Members:** The club would like to welcome new members; Ray Saracino, Sue & Wes Nichols, Ronald & Caroline Grescivak, Sharon Haddix, Grant Kersten Jr., Glen Nyberg, Rick & Cheryl Holland & family, Henri Nussbaum, John E. Payne, Michael & Margaret Ondre & family, Carol Riley and James Baldick We hope to see you on many rides this summer and fall.

**Blue Water Ramble:** October 7th, St. Clair High School. The T shirts and patches are ordered and volunteers are needed on the registration, rest stop and other committies. Call Andy Neumann to help with the ride. This is the main event of our season and everyone should help.

**Participation Awards:** This year awards will be given for participating in club rides with one point for riding and four points for leading. We need more ride leaders and new destinations call Ray Dominick if you can lead a ride or know of a "pancake breakfast" etc. to ride to. Please turn in ride sheets to get credit for rides.

**RAAM:** August 5, 1990 Sue Pavlat & Ron senbach started on RAAM, riding Santana

tandems. 10 days 22 hrs 40 min and 2916 miles later they rode into Savannah, GA on August 16. Average speed 11.1  
The weather was over 100 degrees out west!

**Helmet Covers:** Helmet covers in white and red with the club logo and "baseball caps" are available for \$3.00

**DALMAC:** DALMAC return bus ticket needed; call Sandra Ostrowski if you have a return bus ticket to sell or know someone who does.

**Ride up to DALMAC:** Wednesday, August 29, 8:00 a.m.: Meet Rick Moorman at 17 ml & Van Dyke, for 100 mile ride to Lansing 15-17 mph pace, restaurant stops along the way.

**Ride Back from DALMAC:** Contact John Edry 588-8561 or Gary Haelewyn 286-5094 to ride home from St. Ignis with a stop at Gary's cabin the first day and hotels the other days. Maps will be provided.

**Camping Trip:** Notice: Muffy Weatherspoon has been abducted by Amazon women in Brazil's Smoke Forests. This, coupled with a Red-Neckers convention August 18-19 with motor-home drag racing along portions of Rochester Rd. has caused us squeamish would-be campers to postpone the Metamora/Hadley camping trip to October 14. Sorry for any inconvenience.

Gary Haelewyn

**Ride Schedule:** call the "Hotline" 792-4670 for latest update.

Sunday, August 12, 7:30 a.m.: "River Raisin Tour" meet at registration, Monroe Community College, for the 100 mile or the 60 mile ride.

Sunday, August 19, 7:30 a.m.: "Assenmacher 100" meet Jim Cramer at registration in Swartz Creek for the 100 mile ride.

Sunday, August 26: Call the hot line at 792-4670 to check on ride or call Ray Dominick to lead one.

Saturday, August 11, 7:00 a.m.: meet Rick Moorman and John Edry at Management Training center, Sq. Lake (19 mi) and Crooks for a 60 mile hilly 17-19 mph DALMAC training ride

Saturday, August 18, 7:00 a.m.: meet Rick Moorman at Beverly (13 1/2 mi) and Southfield for a 80 mile ride at 17-19 mph to Milford, some hills.

Saturday, August 25, 7:00 a.m.: meet Rick Moorman at Romeo High School for a 100 mile ride to Otisville.

Wednesday, August 29, 8:00 a.m. 17 mile and Van Dyke: The fifth annual "DALMAC Docksider", ride about 90 miles to Lansing for the start of DALMAC, 16-19 mph pace. Restaurant stops along the way.

August 29-September 3: DALMAC; call Ray Dominick to schedule any local rides.

Sunday, September 9: "Peach of a Ride", meet at registration at Armada high school.

Sunday, Sept 23, 7:30 a.m.: First Century ride at St. Clair High School. This ride is the BWR route and is for club members who want to complete a century this year. All club members are asked to participate to help other members complete their first "century" ride. This will be a sagged ride with refreshments on the van and scheduled stops.

Sunday, Sept 16, 7:00 a.m.: Time Trial, Stoney Creek boat launch, two laps around Stoney Creek park (1) lap is 6.1 miles.

**Recurring Rides:** Tuesday 6:15: meet Gary Haelewyn at Pavlat's bike shop for a 20-22 mph ride to Metro Beach. Tuesday 6:30: meet Warren Berthelsen at Pavlat's bike shop for a 25 mile ride at 14-15 mph to Metro Beach.

Wednesday 6:15 p.m.: meet at the medical center at 17 mile and Garfield for a 30 mile ride at 15-17 mph to Stoney Creek.

Thursday 6:15 p.m.: meet David & Sue Hrit or Kirk & Katie Carolyn at the Lakeshore Mall parking lot (Jefferson & Marter) in Grosse Pointe for a 22 mile ride thru Grosse Pointe and Windmill Pointe at 15-18 mph pace, led by tandems.

Friday 6:00 p.m.: (changed from 6:30) meet Andy & Claudia Neumann at Macomb College South Campus (12 mi & Hayes) for a 30-35 mile ride to Grosse Pointe for ice cream.

**Hot Line:** There is a national "hot line" phone # 1-900-2 GO-Bike (246-2453). This is a toll call at \$.95 per minute. It has race results and ride calendar divided by geographic areas, i.e. Southwest, Midwest, Northwest, etc.

**Other Club Events:** Sunday, August 12:  
"River Raisin Tour" in Monroe

Sunday, August 19: "Assenmacher 100" in Swartz Creek"

Sunday, August 19, 8:00 a.m.: meet T.J. Hill at Stoney Creek West Branch picnic area for a 100 mile mountain bike ride on dirt roads in Oakland County.

Saturday, August 18, 9:00 a.m. Human Powered Vehicle rally at Waterford Hills race track. See the faired recumbents and other "funny bikes" racing around the road course.

Sunday, August 26: St. Clair High School; fund raising ride for ALS-Lou Gehrig's disease put on by the St. Clair Knights of Columbus.

Saturday-Sunday, September 22-23: TASSLE, Tour Along the South Shore of Lake Erie. 127 miles each day from Toledo to Cleveland and back or start at Cleveland. Shorter routes available, write; TASSLE, P.O. Box 110236, Cleveland, Ohio 44111-0236 must register by Sept 4, 1990.

**Mountain Bike Rides:** The South East Michigan Mountain Bike Association, Call Chris: 372-1382 or Linda: 680-0891 for more information or write: M.M.B.A. South East Chapter, P.O. Box 1174, Royal Oak, MI 48068. Join their club to help promote mountain biking and trail maintenance.

Sunday, August 12, 10:00 a.m.: Pontiac Lake Rec Area, beach area.

Tuesday, August 14, 7:00 p.m.: Paint Creek, Yates Site.

Friday, August 17, 7:00 p.m.: Bald Mountain, south unit

Saturday, August 18 10:00 a.m.: Ortonville Rec. Area. State park road & trail survey

Sunday, August 26: Island Lake Rec. Area. Camping available for the weekend, with trail clean up and maintenance.

**Thank You:** Dear Clinton River Riders, Pedal for Pover: Across America 1990 (May 13-June 28) was an incredible 3496 mile experience--a bicycle odyssey I have wanted to make since 1976, and would do again if given the opportunity. My ride from Los Angeles, CA to Boston, MA, with sixty- four other cyclists, was made possible by the organizational efforts and leadership of the League of American Wheelman and by one hundred and sixty-two (162) wonderful individual, group, and organizational sponsors who contributed just over \$7600. Monies contributed, after League deducts for my basic expenses, will be divided equally between the League's Bicyclists Educational and Legal Foundation (BELF) and the new Center for Women's Medicine at St. Joseph's Hospitals where I am employed as a Medical Librarian. I have thanked the CRR Club formally, and have tried to thank each member individually who also wrote out a personal check, but in the case I have missed, or slighted, anyone I would like to use the vehicle of our newsletter to thank each and every one of you for your support-- whether financial, psychological, or spiritual. I "luv" you all a bunch, "mates"

Sandra Studebaker,  
10 yr CRR member

### **Respect: Show Respect to Get Respect:**

Ever come to a 4-way stop sign. Your the 3rd car there, but the 4th decides its his turn to go and cuts in front of you. You toot your horn he flips you the bird. Moron you think to yourself. Now picture this. Your at a stop sign about to make a right turn. Your turn signal is blinking as you wait for another car to clear the intersection. Suddenly a car comes from behind around your left and makes his right turn in front of you. Wouldn't that tend to rile your feathers a bit? Maybe a few choice words for the fellow, under your breath of course so the kids in the back seat won't hear you. One last picture should do it. Your cruiss'n down the highway doing 45-50 coming up to an intersection, but the light is still green for you, the walk sign is still white. All of a sudden a car at the intersection makes his legal right turn on red pulls into your lane and slowly proceeds ahead. As you get closer and closer to him you notice things about his car. Like the bashed in rear end, broken tail lights, muffler hanging down, and what appears to be one of the slowest accelerations on record from a rusted 1972 Plymouth Valiant. Naturally you begin applying the brakes holding back on the temptation to lay on the horn. In a matter of seconds you've slowed down to 30 and the light has begun to change. You stop at the red light watching him merrily on his way oblivious to anything around him. So what's my point. Replace the moron, the guy your kids heard you swear at, and the 1972 Plymouth Valiant with a bicyclist. Still feel the same way? Ride your bike like you drive your car. Wait your turn. The moron car driver will still be out there, but don't let us

become one. We are professionals, we have an image to maintain and display. "Be careful, be courteous". Gary Haelewyn

**Club Picnic:** The club picnic went well with good weather and food. Some people rode to Lake Orion in the morning and others went to Selfridge for the air show. Then they came back to Stoney Creek for the hot dogs and chicken.



### **Happy Birthday: In August (date):**

Sam Coor(01), Dennis Audet(02), Scott Breckridge(04), Genevieve Dyer(04), Ellen Zawacki(10) Deanna Wolf(10) David Heck(11) Suzanne Sobocinski(15), Henri Nussbaum(19) Dee Whitmore(24), David Bowen(28), Jeremy Audet(30). In July (date): Mary Nolan(02) John Rabaut(04), Maria Robinson(05), Paul Patterson(06), Glen Nyberg(06), Bob Crowley(07), Randy Hotten(08), Lorraine Wright(10), Graciela Balmaceda(11), Kathleen Best(11), Carole Lucchesi(12), Melissa Connor(16), Karren Mousseau(16), Vincent Audet(17), Emily Wright(17), John Payne(18), Erika Audet(20), Racar Franczak (22), Carol Wilke(22), Doug Thoenes(23), Sandy Connor(25), John Edry(25), Brian Krantz(26) Jeanette Gentilia(30) Melissa Patterson(30), Ron Skiba(30)

L.A.W. RALLY SLIPPERY ROCK, PA. JULY 4,5,6,7 1970

THE L.A.W. RALLY WAS HELD IN SLIPPERY ROCK, PA. THIS YEAR, BETTER KNOWN AS THE G.E.A.R. OF 83. SLIPPERY ROCK IS NESTLED IN THE FOOTLANDS OF PA., 60 MILES NORTH OF PITTSBURGH AND 30 MILES EAST OF YOUNGSTOWN, OH.

THE FIRST 23 MILE RIDE WEDNESDAY PROVED TO BE MORE THAN JUST AN INTRODUCTION TO THE PA. HOSPITALITY. TEMP 94, WITH THE HUMIDITY RATING TEMP-104. THE CLIMB UP THE FIRST HILL BELIED WHAT WAS WAITING ON THE OTHER SIDE AS 1 INCH TIRES GREW TO DOUBLE THEIR SIZE. IT SEEMS THE ROAD WAS TARRED TWO DAYS BEFORE, AND THE HEAT AND RIDERS HAD TURNED IT INTO HOLLASSES. RIDERS WERE WALKING BACK WITH THEIR TIRES AND FRAMES COVERED WITH TAR AND STONES WARNING THE LATE (LUCKY) RIDERS NOT TO VENTURE ONWARD. A DETOUR WAS QUICKLY DEVIED WHICH GOT US BACK ON THE ROUTE. THE HILLS WERE STEEP ENOUGH TO GIVE YOU THRILLS ON THE WAY DOWN BUT WERE JUST AS STEEP ON THE WAY UP SO THAT YOU COULDN'T SLINGSHOT UP. IT WAS A CONSTANT ADVENTURE AS YOU SHOT DOWN ONE SIDE, NOT KNOWING WHETHER THERE WOULD BE GRAVEL, A QUICK TURN, OR A GRATED BRIDGE, SINCE YOU COULDN'T ALWAYS SEE THE BOTTOM OF THE HILL. HOWEVER, YOU COULD ALWAYS DEPEND ON THE NEXT CLIMB UP. THIS WENT ON FOR THE WHOLE 23 MILES WITH THE SWEAT POURING OFF LIKE THE SPRING RAIN. YES, WOMEN DO SWEAT (ONE OF THE CONFERENCE TOPICS.) AS ATTESTED BY THEIR EMPTY WATER BOTTLES AND WET BROWS. THIS WAS THE INTRODUCTION TO PA, RIDING.

THE MOST OPTIMISTIC COMMENT CAME ON THIS FIRST DAY WHEN A GROUP OF THREE PEOPLE ATTEMPTED TO CLIMB THE HILL FROM THE CAMPUS, BUT PROMPTLY RETURNED AND SAID; 'OK, WHAT ELSE IS THERE TO DO AROUND HERE?'

THE RIDES VARIED FROM 16 (CHALLENGING) MILES, 23 THRU 82 MILES, AND ANY ONE OF THREE CENTURY RIDES. EACH WITH ITS OWN CHALLENGING ENCOUNTER. THE RIDES WERE LED OUT OF THE VALLEY WITH GROUP LEADERS AT DESIGNATED TIMES, BUT YOU WERE PRETTY MUCH ON YOUR OWN ONCE YOU WERE OUT ON THE ROAD. THE ROADS WERE ADEQUATELY PAINTED WITH THE ROUTE NUMBERS WITH ONLY A FEW COVERED UP WITH TAR. EACH DAY THE ROUTES WERE RE-PAINTED, BUT IT IS ALWAYS WISE TO READ YOUR MAP. IT WAS SUPRISING TO FIND OUT HOW MANY PEOPLE KEPT ASKING; 'WHAT ROUTE ARE YOU ON?' EACH RIDE WAS ALSO DESIGNATED AS 'TANDEM FRIENDLY', WHICH I M SURE MANY PEOPLE QUESTIONED AT VARIOUS TIMES. THE SINGLE RIDERS QUICKLY LEARNED THAT 'TANDEM FRIENDLY' DESCRIBED THE FLATTER TERRAIN INTO THE ROLLING FARMLANDS OF WESTERN PA. HOWEVER, THERE WAS ALWAYS A HILL TO KEEP YOU FROM FORGETTING WHERE YOU WERE. THE RIDE CLASSIFICATIONS DID LITTLE GOOD FOR US FLAT LANDERS, SINCE WE REALLY DID 40-50 mph ON THE DOWNHILL AND 2-6 mph ON THE UPHILL. SOME, BY GOSH, EVEN WALKED,

THE SECOND DAY WAS ALMOST AS HOT BUT THE EARLY MORNING WAS OVERCAST WITH EARLY RIDERS GETTING A SECOND SHOWER. THE REST OF THE WEEKEND WAS JUST GRAND FOR RIDING, HIGH OF 76 AND FUNNY. THERE WAS THE AMISH FARMLANDS TO SEE WITH THE ROLLING FIELDS OF CORN AND WHEAT, OR THE WOODLANDS AND HILLS TO VIEW WHILE RIDGE RIDING, OR VARIOUS NATURAL WATERFALLS, STREAMS, AND LAKES (SO MY STOKER TOLD ME!). THERE WERE A FEW TOWNS TO VISIT AND SHOP, EACH WITH ITS OWN CHARACTERISTIC. VOLANTE'S

AMISH MILL, NEW WILMINGTON'S COACH STOP, THE NATURAL WATER-FALL OF HUNTER'S RUN, LAKE ARTHUR'S SAILING MECCA OF WESTERN PA., AND MERCER'S CITY HALL. ALL THIS AND SO LITTLE TRAFFIC. WHY, I EVEN FOUND TWO STEEP HILLS WITH ONLY ONE DOWNHILL AS WE HAD CROSSED FROM ONE VALLEY TO THE NEXT. THIS MUST BE A FREAK OF NATURE.

ALTHOUGH THIS WAS A GOOD PLACE TO USE MOUNTAIN BIKES, AS ATTESTED BY OUR GRANNY GEAR, ROAD BIKES DOMINATED JUST AS THEY HAVE IN PAST RALLYS.

ONE OF THE MOST CHALLENGING COURSES WAS THE FOOD LINE. EITHER ELBOWS OR THE TEAM BLOCK-OUTS WERE AT THEIR BEST, ESPECIALLY IF YOU WANTED TO GET NEAR THE SALAD BAR. THE SECOND DAY WAS A LITTLE MORE CONTROLLED IN THAT THE LINE WAS FORMED OUTSIDE THE EATING AREA AND ONLY 12 PEOPLE AT A TIME WERE ALLOWED TO GET SALAD. FOOD WAS GOOD AND PLENTIFUL, SACK LUNCHES WERE PROVIDED THE FIRST DAY. THIS WAS CHANGED TO MAKE YOUR OWN OR RETURN TO THE CAFETERIA FOR LUNCH. IT SURE WAS NICE TO SEE THAT AN ORGANIZED RIDE OF THIS PROPORTION COULD CHANGE QUICKLY TO THE COMMENTS OF MANY OF THE RIDERS.

THE CONFERENCES PROVED TO BE ENTERTAINING AS WELL AS EDUCATIONAL. THE TOPICS IN HEALTH RANGED FROM STAIR CLIMBING (FROM THE REN CEN TO THE CNN TOWER) TO CYCLING INJURIES, IN TECHNOLOGY FROM BICYCLE WHEELS (27 IN. IS OUT, 700 CC IS IN, EVEN FOR TANDEMS) TO PACKING YOUR TANDEM FOR A VACATION, IN HAPPINESS FROM THE FASHION SHOW (OF ALL THE PASSER-BYS) TO A RIDE ACROSS AMERICA (WITH 5 TEENAGERS).

ACTUALLY, 'HEY. MOM CAN I BIKE ACROSS AMERICA' WAS BY THE FAR THE MOST POPULAR PRESENTATION, AS J. BOETTNER, A MIDDLE-SCHOOL TEACHER FROM CA., RODE ACROSS AMERICA WITH FIVE KIDS FROM HIS CLASS. THE KIDS' AGES RANGED FROM 11 TO 14. EACH PERSON CARRIED THEIR OWN EQUIPMENT AND CREATED A LOG OF THEIR ADVENTURES, JUST AS OUR EARLY PIONEERS HAD DONE. MR. BOETTNER WAS THERE WITH A SLIDE SHOW AND TO PROMOTE HIS BOOK OF THE TRIP. HIS QUIPS AND THE KIDS' EXCERPTS, CERTAINLY ADDED THE MOST HUMOR AS WELL AS INSPIRATION TO SEE THE WORLD BY BICYCLE.

ADDITIONAL ENTERTAINMENT CONSISTED OF TREKING BACK AND FORTH BETWEEN THE FIELD HOUSE AND THE CAFETERIA, BETWEEN BREAKS, TO DANCE TO THE MUSIC OF SQUARE DANCING, FOLK SINGING, BLUE GRASS AND JAZZ. THERE WAS SOMETHING FOR EVERYONE TO GET THE NUMBNESS OUT OF THEIR OLD BONES. THERE EVEN WAS A WINE AND CHEESE PARTY. A CONTINUOUS SLIDE SHOW OF THE DAYS RIDES AND ACTIVITIES WAS PRESENTED IN THE REGISTRATION AREA.

OH, I COULDN'T FORGET THE PEOPLE THAT YOU RENEWED PAST RALLY EXPERIENCES WITH, OR THE PEOPLE THAT I DROVE ALL THE WAY FROM DETROIT TO PENNSYLVANIA TO MEET, WHO WERE ALSO FROM DETROIT, OR THE THREE TANDEMS WHICH EACH HAD A KID ON THE BACK SINGING THEIR SPIRITED SONGS, OR THE TALK OF THE DAYS ADVENTURES FILLED WITH THEIR BROOKLYN ACCENT.

UNFORTUNATELY, THERE WILL NOT BE A L.A.W. RALLY NEXT YEAR, SINCE THE HOSTING CLUBS HAD BACKED OUT AT THE LAST MINUTE. SO PLAN FOR 1991 G.E.A.R. IN WILLIAMSBURG, VIRGINIA TO CATCH A TRUELY ENTERTAINING BIKING EVENT.

# Favorite Rat Recipes

## RAT POTATOE SALAD

from  
Sandy Ostrowski

- 6-8 Medium Potatoes peeled and boiled til tender
  - 1/4 Cup rat feet
  - 1/2 Cup Sour Cream
  - 1/2 Cup Mayo
  - 1/4 Cup Diced Red Onion
  - 1-ts Dill Weed
  - Salt to taste.
- Mix ingredients, refrigerate, Enjoy.

## BANANA RAT CAKE

from  
Margie Deoro

- 2 C Sugar
- 1 Schtick Butter or Marge
- 4 Eggs
- 2 Humongus, very ripe, bananas (mashed through a strainer)
- 1/2 Pt Sour Cream (room temp)
- 1 Large Kitchen Rat
- 1/2 C Chopped Walnuts
- 1 tsp Vanilla
- 1 C Sifted Cake Flour
- 1 tsp Heaping baking powder
- 1 tsp Baking Soda
- 1/8 t salt

Cream Sugar and Butter. Add eggs one at a time. Add sifted dry ingredients. Add large rat. With Sour Cream, gradually add strained bananas and walnuts. Add Vanilla mix well. Pour into well greased floured 9 X 13 pan. Bake 350 degr 35 Minutes.

## HRIT RAT PASTA SALAD

from  
Sue Hrit

- 1-lb Spaghetti
- 2 Cukes
- 2 Tomatoes
- 1-lb fried Rat tails
- 2 Green Peppers
- 1/2 bottle McCormick Salad Dressing
- 1 bottle Robusto Italian Dressing

Cook noodles, cool, mix in remaining ingredients. Refrigerate.

## 3 RAT BEANS

from  
Karen Mousseau

- 1-lb Hamburger
- 1/2lb Bacon
- 1 Med Onion chopped
- 1-tsp Mustard
- 1-tsp Salt
- 3 Hairless Rat Ears
- 1/2 C Ketchup
- 3/4 C Brown Sugar
- 1/4 C White Sugar
- 3-tsp White Vinegar
- 16-oz Red Kidney Beans drained
- 16-oz Lima Beans drained
- 16-oz Pork-N-Beans NOT drained

Brown and drain Hamburger, Bacon, Onions and Ears. Mix in Mustard, Salt, Ketchup, Sugar, Vinegar. Mix in Beans. Bake 40 minutes 350 degrees.



