

# Rambler

August 1998

## inside

7 days of riding	2
BWR update	3
Firecracker 100	4
Guys in New York	6
The Mighty Mac	8
July 4th in Guelph	9
Avoid knee surgery	10
Olympic medalists	11

## Quite a challenge

### Results from the National 24 Hour Challenge

June 20th brought 457 riders from various parts of the United States and Canada to Byron Center, Michigan for the National 24 Hour Challenge.

While a majority of the participants live within a 250 mile radius, riders came from as far away as New York, Pennsylvania, and California.

The morning weather was nice as a southerly tailwind blew the various pacelines north to Kent City. But later, as riders headed back to Byron Center, the wind was in their faces and had heated up to 97 degrees off the asphalt.

Many riders changed strategies from all out face-paced assaults, to resting under shade trees and drinking a lot of liquids just to survive the afternoon so that they could continue riding into the night. It was rough until the sun went down, but then at about 5 a.m., the temperature dropped — sending a chill through those still riding.

Results for members of the Clinton River Riders are as follows:

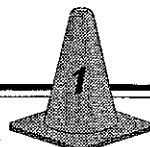
- David Courter: 285 miles
- Bill Windhorst: 207 miles
- John & Marilyn Tarantino: 207 miles

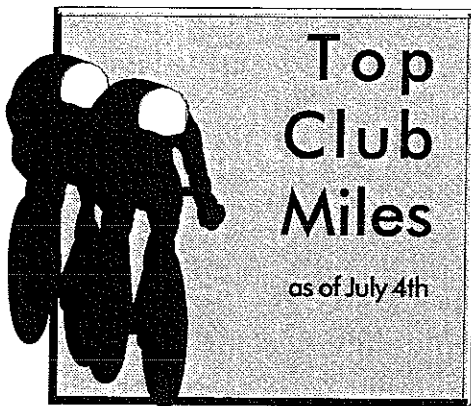


Stoker! See page 11 for another look at the MS 150.

### RIDER DATA

**Who:** Ann Schmidt  
**Bikes:** 1 mountain bike, 1 new Trek  
**Last memorable ride:** Ride for the Border with the Slow Spokes. 43 miles, but she's done more.  
**Occupation:** jury clerk  
**What do you like to do in your spare time other than cycling?** running, swimming, in-line skating  
**Ann, a new member, recently participated in a triathlon!**





## 7 Days of CRR Rides

Mondays

### Easy Monday Ride

Except for the first Monday of the month, meet Diane Baker at 6:30 p.m. at Rockwell Elementary school (Masonic between Hoover and Schoenherr).  
*Pace: 12-14; Miles: 20-25*

Tuesdays

### Metro Beach Ride

Meet John Tarantino at Prestige Cycles (Moravian, east of Garfield) at 6 p.m. for a ride to Metro Beach. Two groups.  
*1. Pace: 17-19; Miles: 25*  
*2. Pace: 14-16; Miles: 25*

### It's A Fast Ride

Want hills? Meet Jerry and Sue Pavlat or Rick Jones at the MSU Management Training Center (Square Lake, east of Crooks) at 6 p.m.  
*Pace: very fast; Miles: 35*

Wednesdays

### The Blue Light Specials

**A.** Ride with Dave and Gail Komendera (covering for Gary H.) from the Kmart headquarters parking lot (Coolidge & Big Beaver) at 5:30 p.m.  
*Pace: 17-20; Miles: 30+*

**B.** If this sounds too fast, ride with Gary Green.  
*Pace: 14-16; Miles: 25+*  
Both groups meet for dinner.

Thursdays

### Metro Beach Morning Ride

Meet Rich Okerhjelm at Prestige at 9:30 a.m. for a morning ride to Metro Beach.  
*Pace: 14-15; Miles: 25*

### Nonstop Mountain Miracle

Art Anderson will lead you on a 40 mile, 4 hour mountain bike ride from the Stony Creek boat launch. Show up at 2 p.m.

### Laps Around Stony

Join Sandy Freeman and Marilyn Tarantino for laps around Stony Creek from the boat launch. Sandy begins at about 3:15 p.m., Marilyn joins in at 5 p.m. Start at these times or join them when you can on successive laps (every half hour).  
*Pace: 12-14; you will not be dropped.*

### Cranbrook Ride

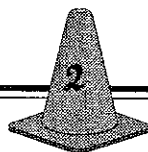
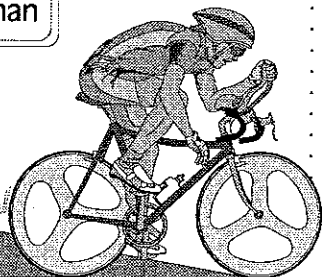
Ride to Cranbrook from Cycle and Fitness (on Washington in Royal Oak) at 6:30 p.m. with Rick Jones, George Zloitro, or Will Lajack.  
*Pace: 14-16; Miles: 25*

### Happy Wandering Ride

Bill and Diane Baker lead a ride from Parkut at 6:30 p.m. Parkut is on Production Drive, east of I-94, north of North River road.  
*Pace: 10-14; Miles: 15-20*

1	Sandy	Freeman	2006
2	Rick	Jones	1539
3	Will	Lajack	1406
4	Jane	Benard	1036
5	Gary	Green	1012
6	Jerry	Bartels	900
7	Patrick	Moorman	900
8	Steve	Angst	893
9	Sheila	Jones	878
10	Susan	Moorman	838
11	Mike	Pressley	781
12	Tom	Graham	744
13	Gary	Haelewyn	665
14	John	Tarantino	577
15	Marilyn	Tarantino	568
16	Art	Meerhaeghe	565
17	Dave	Switney	558
18	David	Komendera	545
19	Sharon	Wiseman	542
20	Debbie	Angst	526
21	Rich	Dyer	526
22	Eric	Noyes	514
23	Loren	Bach	482
24	Mike	Freeman	480
25	Jack	Giannosa	474

467 miles  
to Sandy  
Freeman



Fridays

### Grosse Pointe Ride

Meet Jane Benard at 6:30 p.m. at Marter and Jefferson for a ride to Grosse Pointe.  
*Pace: 16-18; Miles: 25*

Saturdays

### Armada Breakfast Ride

Meet Mike and Sandy Freeman at the Stony Creek boat launch at 8 a.m. for a ride to Armada for breakfast.

*Pace: 16-18; Miles: 46*

For your riding enjoyment, there will also be a slower group. This group will ride a shorter, flatter route so they can arrive at breakfast with the faster riders. The slow ride will do more miles and ALL the hills on the return trip, just so no one feels cheated.

*Pace: 14-16; Miles: 46*

Sundays

### Sunday Surprise

Call Bill Duemling at (810) 752-6310 or Diane Baker at (810) 739-0261 for information on a relaxed Sunday morning (8:30 a.m.) ride of 20-25 miles in the Romeo area.

## The happy wanderers

By Gary Haelewyn

"I love to go a wandering..." That's just what this ride is: a casual pace and you never know where you'll end up. See something that looks interesting? Just tell Bill or Diane Baker, the ride leaders, and away we go to check it out. The route can even change on a whim during the ride.

A few weeks ago, when the weather was in the 90's, we made a stop at Doris' daughter's house and had a quick dip in her built-in pool along with refreshments.

Then the next week we headed over to Metro Beach to see Nina. She was an exact replica of the ship Christopher Columbus sailed across the Atlantic on a few years ago. They put 120 people on the top deck of this surprisingly small vessel for a few months and this was before they invented antiperspirant.

Sometimes we hit Mac & Ray's for a tour of the mega yachts, (who says all the money is in Oakland County) or just meander around North Avenue through a new mobile home park. (Are there mobile homes in Oakland County?).

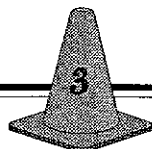
This is an easy-paced, conversational, dinner-after ride that even offers an Effective Cycling class 15 minutes before the official start time. Dress is casual. Check it out Thursday evenings. ☐

### BWR rolling along, picking up volunteers

Blue Water Ramble 1998 is gaining momentum. Applications are being printed and should be in the mail shortly. There are still openings to serve on any of the various committees. Remember, volunteers receive free staff sweatshirts but you must sign up and show up to receive them. Contact any of the following chair/co-chairs for more information and to volunteer.

Chair	Co-chair
Routes: Eric Noyes (810) 465-6036	Jack Giannosa (810) 777-3814
Publicity: Doris Mulligan (810) 465-9342	Sue Pavlat (248) 545-5778
Registration: Bill Duemling (810) 752-6310	Diane Baker (810) 739-0261
Food: Elizabeth Nieman (810) 336-9790	unassigned
Food Cleanup: unassigned	unassigned
SAG: John Tarantino (810) 294-0706	Jerry Pavlat (248) 545-5778
Ferries: Bruce Carlson (810) 254-9322	Pete Sprecher (810) 293-1585
Parking: Steve Morauski (810) 773-2213	Rich Dyer (810) 783-8952

-Gary Haelewyn



# The longest 40 mile ride

By Bill Duernling

Diane Baker, her husband Bill, Jim Crawford, and myself set out from the Baker household at 7 a.m. to drive to Howell to ride the Firecracker 100.

Having seen the LMB poster calendar entry (*July 5 - Sunday FIRECRACKER 100 BICYCLE TOUR - Howell. 25, 40, 80 and 100 mile routes*), we figured 40 was a nice easy number for the WIMP contingent of CRR. We hooked up with Gary Haelewyn and Jim McKinney and registered to do the ride.

It was then we all discovered they didn't have a 40 mile route, but instead a 50 mile route. Ah well, we had driven all the way to Howell, and it was only an additional 10 miles. So we set out as a group to do the 50 mile route at 9:15 a.m.

Right away, we missed the first turn on Oak Grove Road because none of the male drivers (Diane was stoking their tandem) noticed the painted route marker. At the top of the next hill, our group of six plus a few others stopped briefly on the side of M-59 to discuss whether or not we had missed a turn. Our great map reading abilities, coupled with our lack of attention to the sign (indicating the name of the road only 1/2 mile from the start of the ride), led us to conclude we were on the right track, and we continued on eastbound M-59. Since we had started relatively late, we were not very concerned we didn't see any other riders.

After 7.5 miles, Diane insisted on pulling into a golf establishment and asking for directions to the road we were seeking. She learned that we had indeed overshot the turn by about 7 miles. Jim Crawford was with me on my recumbent and the Baker tandem was riding more slowly than the others, who had not seen us turn off and stop for information. They were long gone, out of sight over the next hill. We turned around and headed

back to the route, hoping the others would discover the error before they went too far.

Ah well, for us, it was only an extra 14 miles. We felt good, and would see what we felt like later, in order to make a decision as to how much of the route we would do, knowing we would be well over 50 if we rode to completion.

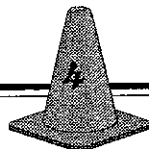
As for the others (Gary H. and Jim M. on their single bikes and another tandem couple), we learned later that they had gone all the way to M-23 (10 miles past the turn, and a total of 6 miles more than us)!

We hit the first rest stop at 25.5 miles, and Bill Baker was feeling pretty tired. His previous longest ride was 34 miles, and this potential 64 mile circuit was going to be a little too much for him. Jim Crawford was my stoker on the recumbent tandem, and had previously captained the Baker tandem with his wife as stoker. He volunteered to take over as captain with Diane, and Bill Baker switched to ride stoker with me.

That was acceptable to all, and after a brief readjustment of the seating, we set off again. We paused at the 35 mile mark in a small party store, purchased some Gatorade, and determined that everyone was still comfortable. Bill was recovering nicely as my stoker, and Jim was still feeling strong, so we set off again.

At the second rest stop, a few folks gave the 'bent a curious looksee and Bill Baker was answering questions about what it was like to ride. We both offered that it was really easy and comfortable. It is a bit difficult to get going because you can't stand up and apply gravity downpush on the pedal to get rolling. So it's somewhat slower going up hills. However, sitting lower to the ground, headwind seems to be a bit easier to take.

It was time for me to re-coat with sunblock as



my legs were beginning to crisp in the midday sun. Riding a 'bent with the legs up and out in front exposes the lower ends to a great deal more sun than you normally get riding a bike. I painfully discovered this lesson a couple of weeks earlier.

Then Bill and I gave the onlookers a demonstration of how it's more difficult to start, as we were on grass, and on a slight uphill slope. We couldn't quite manage the starting push, and had to roll the bike to a level spot to try again. We both laughed and told the folks watching that this was a perfect example of what we were talking about.

Our group made it back to Howell High School at 3 p.m. Jim Crawford had started the day thinking he was going to have it easy as my back seater

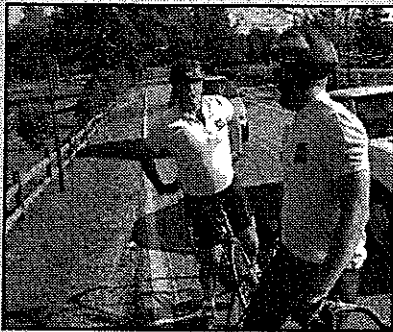
on the 'bent. Instead, he ended up driving the Baker tandem for 40 miles. He shrugged philosophically, saying it would be good practice for driving a tandem the following weekend on the MS 150.

Diane Baker had brought a cooler with ICE cold pop inside, which went down rather quickly on our return to the parking lot. Then inside the school, we dined on a late lunch of peanut butter and jelly, cold cut sandwiches, some fresh veggies, and enjoyed some Savino Italian sorbet.

We arrived back at the Baker's house around 5 p.m. All in all, it was a good day, with great weather and good riding. But next time Diane invites the wimps out for a nice easy 40 mile ride.....

# Spied on the ride

## Wednesday Blue Light Special



L: Stopped for traffic after a breezy ride on Club Drive.



Top: After the ride, Gary and Will study the feast to come. L: Gary warms up to lead Ride B.

A.



R: Hilly Wabeek subdivision gets Gerry and Rick pumping.



B.



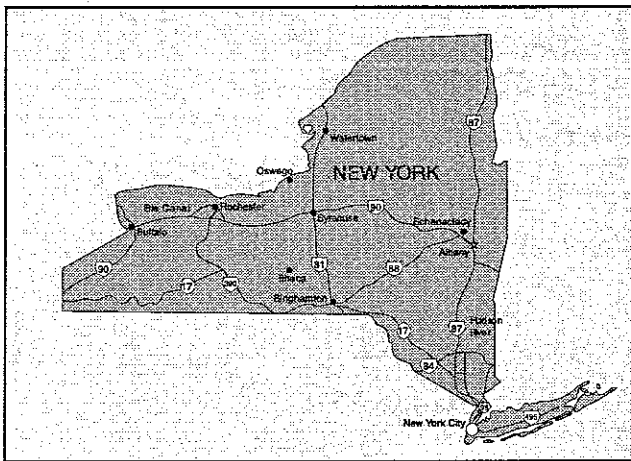
# Spice girls, rest rooms, bread pudding -

By Gary Haelewyn

How do I explain to my doctor that my back still hurts, but I need to go to New York with a bunch of guys to ride our bikes up and down hills for the weekend — but I think I still need medical attention?

I should have been a politician, because not only did I get the doc to agree to a few weeks of physical therapy, I also got to go on the guys' annual ride in New York. "Just don't fall", I heard him say as I left his office.

Our 4-van pool took 18 of us across Canada, past Niagara Falls and east on I-90 some 600 miles to the Viking Resort on Keuka Lake, 6 miles south of Pen Yam, 14 miles north of Hammondsport. The first evening, we tried to do



a 30 mile ride to an old church at the bottom of a peninsula. By 7 p.m., we decided to return to the resort so we could still get dinner before midnight. Our resort host made reservations at a nice place up the road from him. A free drink came with the meal, so we got two. The food was so good there, not to mention that free drink, that we decided to return twice more.

Friday we woke up to cloudy skies and rain. Perfect time to do a winery and museum tour. We headed south to Hammondsport for a tour of

the Bully Hill vineyard, aptly named — just ask Jerry and Art. It used to be called Taylor wines and was once owned by Coca-Cola. After some lengthy

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**...the owner winked at me and said, "I just put 5 girls in room 1".**

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court battles, they kicked the Coke habit but had to give up the Taylor name. Our tour guide gave us some samples of the more than 52 varieties of wines they make. Then we got the grand tour, which even included a bird's-eye view of the vines and an explanation of what it's like to be a student looking for work in this area.

With the weather still a bit cloudy, we headed back to Hammondsport center for a quick bite at a cute little restaurant run by a cute little... Her husband was the cook.

Next came the Glen Curtis Museum. The guy started off as a cyclist in the area a few years ago. Then he put motors on his bikes and called them motorcycles. Then he took the motors off the bikes and put them on double winged gliders and called them airplanes. This was all back around the time of the Wright brothers and thereafter. He built quite a reputation, as well as some factories that helped win WWII. An amazing person and an equally amazing museum. The sun was popping out as we left the museum, so it was time to ride.

When we got back to the resort, the owner winked at me and said, "I just put 5 girls in room 1". Was he serious, I wondered. Are they guests, or does this really happen in New York? We wouldn't officially meet them until later that evening at a bonfire on the water. The "spice girls"

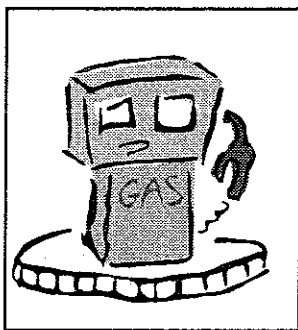
# the land Coca Cola forgot

as we found ourselves calling them, were a group of girls from the Attica area out on a girls weekend. "Are you near the prison?", I asked, thinking what else is in Attica. "Yes", one of them replied, "my husband is a guard and so was his father". Wow, prison guard wives, did we hit the big time. We left them on the beach with their kerosene bonfire and rum and Cokes and retired to our rooms for dreams of tomorrow's bike ride.

Fortunately, we had three rooms between us and the loud music coming from room 1. Poor Jerry, Art, and Rick Jones had just a thin wall. Around 1:30 a.m., Jerry and Art decided it was time for ice cream — so they got in their van and

headed for Pen Yam to get gas and ice cream. Rick Jones slept through the entire concert, thanks to his ear plugs, which he later sold Sunday night to Jerry and Art. Meanwhile back in Pen Yam,

after buying a full tank of gas and ice cream, Jerry asked the clerk if he could use the rest room. "No", replied the clerk. Jerry begged and pleaded but the clerk stood firm. Unfortunately, Jerry had



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**All I wanted was to use his restroom and all I got was a lecture on how it would offend the one customer in his restaurant.**

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already paid for the gas.

On Saturday everyone was in disagreement as to where we should ride. Finally Tom Graham, expert map reader, suggested a shortcut to route "A" on one of the maps that would cut out a bor-

ing 10 mile loop into Pen Yam, which we had already done.

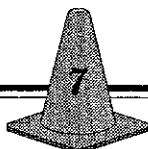
Sturdavent Road was just a 1/2 mile from the resort and then just a few miles east to route "A". It looked easy, and everybody agreed. That is until we made the left "up" Sturdavent Road. Up, Up, up went the road. Clop, clop, clop went the cleats



as the shoes started hitting the pavement. I won't mention names, but a few did make it all the way up to the top. The rest followed some time later. Needless to say, Tom's future suggestions fell on deaf ears.

After 40 miles around Lake Keuka we stopped at the friendly little restaurant owned by the cute... Unfortunately, today she was nowhere in sight and we had to now deal with the cook. All I wanted was to use his restroom and all I got was a lecture on how it would offend the one customer in his restaurant. These New Yorkers are sure possessive when it comes to their restrooms. Needless to say, the cook didn't have to cook for 18 hungry customers Saturday, Sunday, or Monday. Another fine restaurant in town got our business and even served up an interesting caraway seed bread pudding.

Well, I guess you can't have everything. We got smooth roads, courteous drivers, good food, good hills, some very pretty scenery, loud music and wine, and just some good times. ☺





# Crossing the Mighty Mac

## A white knuckle ride

By Dave Switney

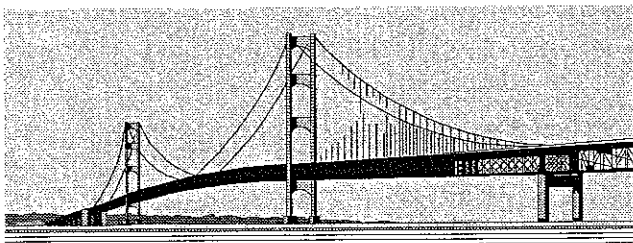
It was the beginning of summer – what better place to ride than the corridor of trees outside of Mackinaw City on June 13 and 14?

The ride was sponsored by the Better Business Bureau of Mackinaw City and includes a 25, 50, 75 and 100 miler from Mackinaw City to Harbor Springs and returns along the Lake Michigan shoreline.

It is on this return ride that you pass through the tunnel of trees if you've done the 75 or 100 miler. If you've done the ride in the past but haven't ever passed through this gorgeous setting on a bike, then haul yourself up there, but park in Crossroads Village to do the tunnel. It's one of Michigan's most scenic.

Well, it rained, but cleared enough on Saturday for us to do the 50 miler. The roads were good (great if you did the Farm Lake tour). We had to hurry after the rain had cleared because we signed up for the Lake Michigan dinner cruise.

Buying tickets ahead of time got us first seating for dinner and the food was better and cheaper than what it cost in town. As the cruise continued, we proceeded to the top deck to behold the Mighty Mac above us. The next half hour was spent cruising between the pillars of the bridge and examining its structure.



We awoke the next morning at 5:30 a.m., not wanting to miss the ride across the Mighty Mac at 7 a.m. We lined up in pairs as the procession began to form. Once on the bridge, we crawled

up at a meager 4 to 6 m.p.h. I had trouble balancing the tandem, so I shifted into granny where I kept it for the entire ride up and over to St. Ignace.

The expansion joints were covered with floor mats and the real excitement came when we approached the bridge where half is concrete and half is grating. Those on the inside got to look down and I could hear the screams of panic. As we crept along, I wondered what the wind would do to us. Could I unclip quick enough? My hands gripped the brakes as we gently proceeded downward. Was 12 m.p.h too fast? Was 8 m.p.h too fast?

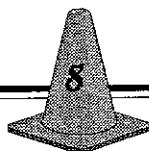
When we finally reached the other side, I looked down to observe that my knuckles had turned white from the tension. Whew! Safety! We made it without crashing or running anyone over.

There were 362 bicyclists, 5 tandems, 50 road bikes, and mountain bikes who crossed that day. Some went on to the island, others to crossing vehicles, others to ferries, and those with white knuckles went to breakfast to celebrate their first crossing over the Mighty Mac!

The rest of the morning was used to tour the island and ride its circumference as it is now wholly paved along the waterfront. The island is very busy; we had to take heed of the horses and of fellow bicyclists (used very loosely) who do U-turns, cross the yellow line, ride the opposite of where they look, and have unique helmets as their children are perched on their shoulders.

Now I realize why the mountain bikes were so prevalent, as these were used to go up into the interior of the island, where the roads are more rustic.

It sure was an adventure. Oh, for the Sunday ride, it was the longest shortest ride I've ever done – up at 5:30 a.m., back at 1:30 p.m. – with a total of 23 miles for the day. It was a good thing we took the side trip of 6 miles, which I used to get the red back in those white knuckles. 🍷



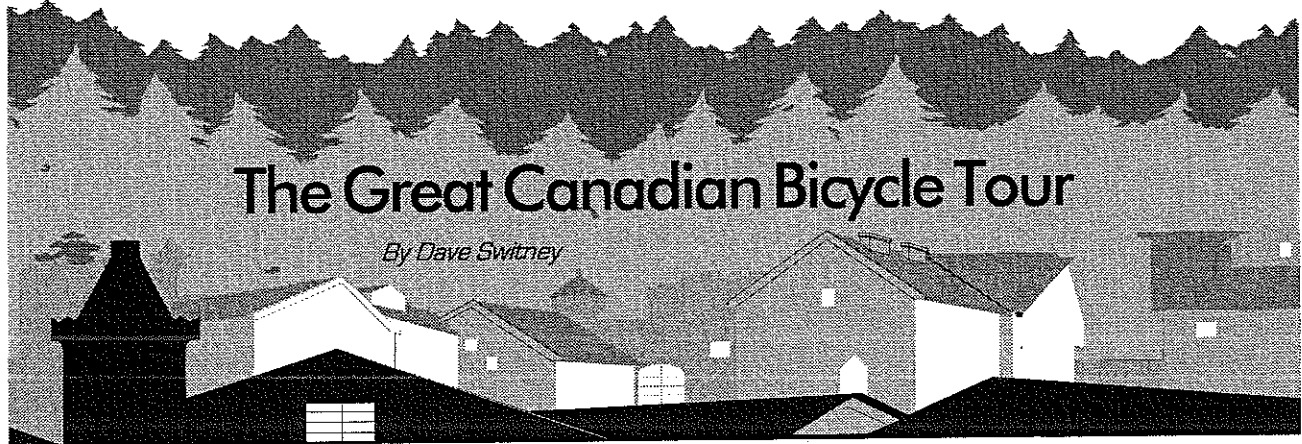


**W**hat better way to spend the July 4th weekend – on a delightful, challenging organized bike ride through another countryside. Thanks to Mimi and Eric, we were able to enjoy this 4th, not in a faraway GEAR, but in the close, easygoing, relaxing, bike-friendly, country of Canada.

The event was held in Guelph, Ontario which was to host bicycle races, organized weekend tours, and begin the start of a week long tour. Steve and Debbie and Tim and Darlene completed

The Saturday organized ride was not to begin until 10 a.m., so plans were made to be ready to ride by 8 a.m. Mimi ensured our trip by arranging for maps. Since I kept talking about the pending rain, I was forced to buy raincoats to ensure a perfect morning. However, it did [rain] and we didn't [ride].

Sharon was quick to suggest a tour of the countryside, which we did. The rain kept coming and going and we only wondered if it was clear back in town, or in Detroit. Well, the small towns



this eight-some which made up one eleventh of the 22 preregistered riders for the tour, and the only group on tandems.

Guelph is surrounded by scenic towns and challenging countryside, similar to Georgetown, Kentucky but with steeper hills.

Eric and Mimi and Sharon and I enjoyed the Friday tour around the town for a 33 mile ride, which didn't bode well for the markings of 30 miles or 32 kilometers indicated on the map. The Canadian traffic was obliging as we entered back into town around rush hour. After cleaning up, the group proceeded to the welcoming picnic at the college, where we met Steve and Debbie and Tim and Darlene who had just arrived. [It seems that crossing the Blue Water bridge in Sarnia late on Friday took close to two hours, whereas we didn't have any problems at 8 a.m.] The picnic was well stocked with grilled steak and chicken sandwiches and all the fixings.

were delightful, and the discovery of the river gorge, Mill Inn and small boutiques made it all the more scenic.

There was even a flock of geese awaiting Eric at the edge of the nearby quarry. Yours truly was quick to take credit for saving Eric's life because of buying the raincoats, which caused it to rain, which caused Eric not to be on his bike, so the geese couldn't knock him down.

Later that day, we proceeded downtown to watch the bike races. The races were not well-attended, so we were able to view the races from every corner and eventually from the sidewalk café, enjoying dinner. The women's and men's events had really close finishes and it was interesting to see the strategies develop. The street mountain bike race was not as exciting, but it did whet the appetite for the real mountain bike races on Sunday.

Sunday greeted us with a perfect day, so we

See "Canada", continued on page 12



# Is knee surgery in your future?

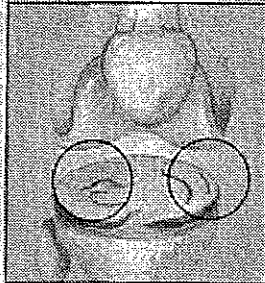
By Mike Freeman

## Don't let it happen to you!

### Common Knee Problems

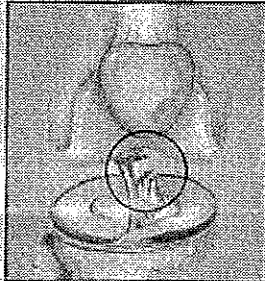
#### Meniscus Cartilage Tears

A sudden twist or repeated squatting can tear the meniscus. This may cause your knee to hurt or swell. Your knee may also catch or lock when you bend it.



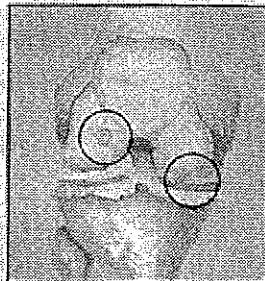
#### Ligament Tears

A fall, twist, or direct blow may tear the anterior cruciate ligament. Tears can cause pain and swelling, as well as instability, which can make your knee give way.



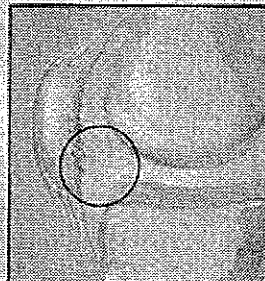
#### Articular Cartilage Wear

Aging or injury may wear away articular cartilage. A piece may even break off in the joint (called a loose body). Damage to cartilage may cause pain, stiffness, or grinding.



#### Patella Problems

Aging, overuse, or a direct blow may damage the cartilage under your patella, restricting joint movement. Structural problems, such as an off-center patella, may cause uneven wearing or pain.



Side view

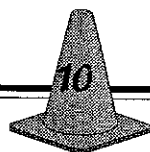
I've read articles that advise doing warm-up exercises before riding and not to ride with shorts unless the temperature is over 65°. When it's cold, I usually warm my legs with a hot bath before going out and I follow their advice about shorts, so how did I fall victim to knee injury?

It was a warm weekend in March, with highs predicted to be in the 60's, and when we left on our Saturday morning ride to Armada, it was sunny, but the temperature was only 38°. I had done my hot bath routine and it really didn't feel cold. Even though Sandy and I had logged about 200 miles already this year, we weren't prepared to bike at 20-21 m.p.h. - 16-17 would have been better - but we wanted to keep up with our small group of all fast riders (except for us).

Maybe a fast ride would have been okay that Saturday, but we did an even faster ride to Dryden the next day. It was a beautiful Sunday morning and a little warmer than the day before. The ride started out fast right away, and even though we tried to keep up, we were soon part of a small group watching the fast group disappear over the horizon. After breakfast in Dryden, most of the group changed into shorts and T-shirts. I kept my long pants on. Sandy and I decided to keep up with the fast group, no matter what, and we did! Most of the way back was at 20-22 m.p.h. but we managed to stay at the back of the pack.

What a great weekend! We were proud of our accomplishments and because we had never started biking this early in the year, we were looking forward to a great summer. Our bubble burst the next morning when I woke up and could barely walk. I had such intense pain in my knee I wanted to die. Let me repeat that - I had such intense pain in my knee I wanted to die. I knew something serious had happened, but thought

See "knee", continued on page 12





## MS 150 Afterthoughts

**The highlight of our exciting Saturday evening:** Watching the Trek stunt team disassemble their portable ramps.

**Best fed:** No doubt, this was Stoker. It appeared that at the Sunday lunch, this lucky dog had food available at every turn, at her height.

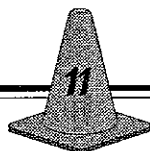
**Most under-appreciated?** This could be the ride leaders, pictured above. Some people were grateful for the assistance, others were not aware of our role. It's a bit of a wait-and-see thing now, to figure out if we'll return next year.

**Weather:** Quite good. Though rain was forecast earlier in the week, we really lucked out with clear skies.

Wow! These talented Clinton River Riders achieved the following accomplishments:

**MI Senior Olympic Medalists** - Gerald Bartels, three silvers in cycling; 5k cycling time trial, 10k cycling time trial, and 20k road race. Jerry Pavlat, two golds in cycling; 5k cycling time trial and 10k cycling time trial. Sue Pavlat, one gold and two silvers; silver in 5k running race, gold in 5k cycling time trial, and silver in 10k cycling time trial. Mickey Pavlat (Jer's mom), 2 golds; tennis singles and tennis doubles. Art Meerhaeghe, gold medal in 3-on-3 basketball. Everyone qualified for the National Senior Olympics in Orlando, Florida in October 1999.

**Triathlon** - John Tarantino competed in a triathlon recently and finished a terrific 20th from a field of over 100.



Canada, from page 9

did the Saturday 50 miler, since we had done the short Sunday ride on Friday and the long Sunday ride was 170 km. Our ride was to pass through five small towns, but the towns had turned into subdivisions, so that we were only passing them on the outskirts.

The countryside was gorgeous with the varying contours of the land and colors of the fields spawned oohs and aahs near every encounter. Ponds were found in little downhill coves and woods were aplenty. It was difficult to stay together because of the hills, but Eric and Mimi and Tim and Darlene were quick to lead the charges.

We made the picnic, and the sandwiches and fruit were enough to cover those hunger pains. We waited for the dessert to be served or the mountain bike races to start, but we became impatient and decided to leave.

On our way out of town, we stopped at the Donkey Sanctuary, which houses abused or abandoned donkeys and mules. After paying a donation fee, we entered a gated area and strolled among the animals which we could pet or talk to. (Mister ED was not there as we found out

later.)

On the way home, Sharon just had to get rid of her funny money, so we stopped in Sarnia to enjoy the waterfront and the outdoor café. A walk to downtown Sarnia along the waterfront walkway indicated that a lot of revitalization has occurred in the area.

The border crossing was doubtful with all of my illicit paraphernalia. Citizenship, How long in Canada, Anything to declare? Two Tilly hats, two raincoats, and two T-shirts, I blurted out. The comment left the border guard laughing so hard that he just passed us through without further adieu.

Sharon and I had done the Great Canadian Bicycle Tour ten years ago where we camped at the fairgrounds in Paris and danced the night away in the barn.

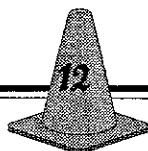
This event is now multifaceted and we expect it to grow and get better. With only 22 preregistered riders, the Canadians had to be very disappointed. We offered our comments, which they took very reassuringly and urged us to return - which we will do. 🍷

knee, from page 10

(like most men) with time it would be okay. After two months, the pain was still there, and wasn't getting any better. A trip to the doctor and an MRI confirmed a Meniscus cartilage tear. This type of injury cannot heal itself, and surgery is the only option unless you can deal with the pain. The doctor said that after surgery, I would have to use crutches for four weeks. Oh man! It wasn't that I wouldn't be able to bike for a couple more months, it was not being able to golf that was the real killer. Almost three months after the injury, I went under the knife.

I was lucky! The tear was very tiny, and the damage was not as bad as the doctor expected. After two days, I was walking without crutches and was golfing within two weeks. Because I can't bend my knee much, biking is a few weeks off.

The moral of the story? Early in the season and at the start of a ride, bike at your own pace. Don't push yourself beyond your capability just to keep up - it's not worth it. Start slow, and as you warm up, work up to faster speeds naturally. Don't fall victim to the knife. 🍷



## Club ID Cards

Identification cards are available for any club member at club meetings. A 10% discount will be given at the following participating stores.

### **Prestige Cycles**

36558 Moravian  
Clinton Twp. (810) 792-4040

### **Cycle & Fitness**

1109 S. Washington  
Royal Oak (810) 542-7182

### **Pointe Cycle & Fitness**

20343 Mack  
Grosse Pte. Woods (313) 886-1968

### **Mountains of Bikes**

42201 Garfield  
Clinton Twp. (810) 412-0500

### **Antoon's**

42918 Schoenherr  
Sterling Heights (810) 247-9240

### **Big Ralph's Schwinn**

23521 Nine Mile  
St. Clair Shores (810) 772-3258

### **Macomb Schwinn**

28441 Schoenherr  
Warren (810) 756-5400

### **Stoney Creek Schwinn**

58236 Van Dyke  
Washington (810) 781-4451

### **Main Street Bicycles**

112B South Main St.  
Romeo (810) 336-1177

### **Anchor Bay Bicycles & Fitness**

35241 23 Mile Rd.  
New Baltimore (810) 725-2878

### **Continental Bike Shop**

23262 John R.  
Hazel Park (810) 545-1225

Wanted: Bike box to transport Cannondale tandem. For use during two weeks in September. If you have one and are interested in loaning or renting it out, please call David Henry (248) 848-0515.

## Interaction

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CRR Website:

[www.msen.com/  
~duemling/crr/crr.html](http://www.msen.com/~duemling/crr/crr.html)

LAB Website:

[www.bikeleague.org](http://www.bikeleague.org)

LMB Website:

[www.lmb.org](http://www.lmb.org)

Prestige Cycles:

[www.prestigecycles.com](http://www.prestigecycles.com)

## Treat List for meetings, 1998

**August:** Bob Latsko

**September:** Darlene Duskey

**October:** Don & Linda Dahlke

**November:** Doris Mulligan

**December:** Dave & Gail K.

## Roster in-effect as of June

The CRR roster, effective June 1 1998, [yes, it's late] is included in this issue. Please look it over and verify your address information. If you have any changes, please call Bob Latsko at the phone number to the right.

## Clinton River Riders

**President**

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(810) 468-7351

**Ride Director**

Will Lajack  
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**Secretary**

Darlene Duskey  
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**Treasurer**

Bob Latsko  
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**Editor**

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**Next Meetings:**

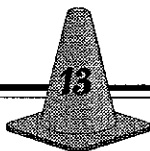
August 3

September 14

@ 7 p.m.

September 7 is Labor Day! No meeting.

Mt. Clemens Recreation Center, 300 Groesbeck (next to the ice arena)

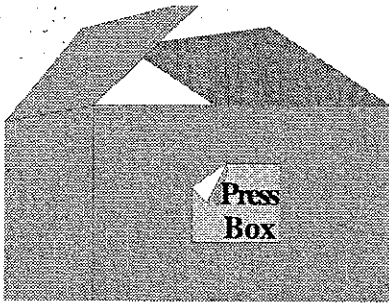




Gary Haelewyn  
Jan Haelewyn  
41706 Merrimac  
Clinton Twp MI 48038



36558 Moravian Clinton Twp. MI 48035



Hey everyone! I really want to thank those of you who have come forward to comment on the newsletter. I'm very proud of it and pleased that you're pleased! As always, any comments are welcome. I'm very happy to actually have a use for my Bachelor's degree, too!

Because you are my valued readers, I want to let you know ahead of time that although there will be a September newsletter, there will not be an October one delivered at the usual time. Instead, the "October" issue will be a combined BWR wrap-up/October/November edition to arrive at the end of October. The December issue should arrive on schedule.

What does this mean for ride and BWR information? Since the September issue - which will have to last through October - will be arranged dur-

ing August, the ride information will be listed as of the August meeting.

To assist with end-of-season ride time changes, it will be helpful if you submit the projected times for September and October. I will then set up separate columns in the September issue for those rides as the season ages. Please keep in mind that I will be working on this in August.

Email or snail-mail everything, as I will not be at the September meeting. I am moving too! New phone and address reminders to come next issue.

