

# Rambler

August 1999

## Social Bike Ride and Potluck

Sunday, August 22

Join Bill and Julie Windhorst at 8:30 A.M. for a 40 mile bike ride at 16 MPH (guaranteed!) followed by a potluck and games of soccer and/or baseball. Meet at Jeanette Junior High School, 40400 Gulliver, Sterling Heights. (Gulliver runs into 18 Mile Rd. one half mile west of Ryan).

Please bring: a dish to pass and a cooler to keep things cold as well as soccer balls or baseball equipment. Leaders will provide either hot dogs or hamburgers and generic type of pop or iced tea. (Also bring your own).

Please call Bill or Julie Windhorst at (810) 939-6073 by Thursday, August 19 to RSVP and to state your preference for either hot dogs or hamburgers.



## Confessions of a Recumbent Skeptic

A Review of the Trek R200  
Recumbent, by Loren Bach

To recline or not to recline, that was the question. I have many wonderful memories of riding my single bike, a Trek 1220. Unfortunately, the memories have remained just that, memories, because I have been experiencing increasing soreness in my back and neck after riding my beloved bike. I suffered from the "hanging bike syndrome"; my bike was left hanging in the garage because painful riding didn't appeal to me. I don't experience the same soreness while riding an upright tandem, but that prevents me from going out riding by myself and also doesn't get me in as good shape as riding a single.

So, I phoned Andy at Prestige Cycles and he graciously gave me a chance to rent and ride a new Trek R200, the first recumbent manufactured by

Trek. For a whole week during July 31-Aug. 7 I was able to test the bike on the hills (!) of western Michigan and the rolling paved low traffic roads of the sunrise side of northern Michigan. I must say, with a few reservations, I have now joined the ranks of the 'bent aficionados. I was quite pleased to find out that this out of shape rider can ride a full week of 60-70 mile days with very reasonable comfort (at least towards the end of the week), exhilarating speed.

Our route, unfortunately, had the steepest hills for the first two days from Indian River to Petoskey, and a day trip from Petoskey around Walloon Lake and Charlevoix. I felt like I was slogging up the hills in the lowest gear. Around the middle of the second day, I put my seat forward an inch and a half, and discovered that this made an amazing difference. Previously, I had

(Continued from page 1)

been too extended and only using my hamstring muscles which were sore from the unexpected exertion. Now, closer to the pedals, I felt the familiar burn in the quads, and found that I had more power. Mind you, this perception may not have been immediately apparent to the average observer, but I felt stronger and that's what counts! Finally, by the third day my muscles were stronger and the hills were a little more forgiving and I began to see the much touted benefits of a recumbent. You haven't lived until you've done the "Tunnel of Trees" (M119 from Harbor Springs to Cross Village) on a Barcalounger!

Recumbents offer some interesting contrasts for someone who is used to upright bikes. For instance, there was a momentary "oh!" of discovery, that I really didn't need gloves or padded shorts, since my weight wasn't on my hands or tender unmentionables! And a day later, a corresponding "no duh" of discovery that I needed sunscreen next to those funny glove induced tan lines when I burned the backs of my hands! And yes, there was some soreness on the tailbone, but I solved most of that when I moved my seat forward and learned to shift my weight on the bike while riding. I also found that a short stretch break for five minutes after about 15 or 20 miles of riding was a good idea.

The recumbent attracted a lot of attention. In fact, on two occasions it was a little inconvenient.

Once, I pulled into a gas station really needing to get rid of the two cups of diuretic coffee I'd had for breakfast and another time I had just pulled into camp after 70 miles. I listened to reminisces about how these people used to love to ride until their hands and neck pain got too unbearable. I answered a lot of questions about where to get one of "those things". ( I carried business cards from Prestige for those questions). Children also seemed entranced with the bike. I heard many kids yell for Mom or Dad, "look at that —?". Some of them didn't seem to know whether to call it a bike.

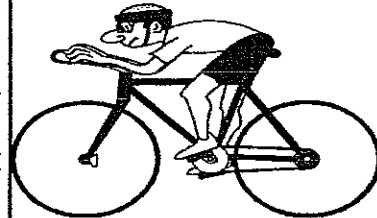
The Trek seemed quite stable. There were a few times that I needed to dive for the shoulder and the wider tires handled that with no problem. (The gravel and cement trucks are as obnoxious up north as they are on the Saturday morning Armada ride). And, on our rest day, when we went to Mackinac Island, the tires handled the manure slick streets quite well. (Sorry, Andy and future test drive customers, I did wash the bike before I returned it!) We also occasionally rode on gravel into the campgrounds and this also worked fine.

I made one or two panic stops and the Avid v-brakes handled these well. Recumbents don't pitch forward in a stop, so I didn't need to remember not to clench the front brake.

There were a few

# Top Club Miles

As of July 31



## Top 25

- 1 Sandy Freeman 1857
- 2 Jane Benard 1826
- 3 Jim McKinnie 1665
- 4 Rick Jones 1643
- 5 Will Lajack 1637
- 6 Art Meerhaeghe 1289
- 7 Jerry Bartels 1207
- 8 Gary Green 1173
- 9 Mike Freeman 1166
- 10 Bill Duemling 1140
- 11 Doris Mulligan 1084
- 12 Gary Haelewyn 1074
- 13 Bill Baker 970
- 14 Pete Sprecher 891
- 15 Frank LoPiccolo 869
- 16 Donna Menendez 855
- 17 Don Dahlke 821
- 18 Rick Okerhjelm 807
- 19 Patrick Moorman 801
- 20 Ann Schmidt 756
- 21 David Komendera 743
- 22 Rich Dyer 738
- 23 Sheila Jones 723
- 24 Tom Graham 719
- 25 Mike Pressley 715



# CLUB RIDES



Call the Hotline for Updates  
(810) 819-0222

**Recurring Rides**  
(More details on each ride can be obtained by calling the ride leaders below)

## Mondays

### Monday Eve Ride

6:30 PM. Except for 1st Mon. of each month, ride with Bill and Diane Baker (810) 739-0261 from Rockwell Elementary School at Masonic between Hoover and Schoenherr. Pace: 13-15 mph or the pace of the slowest rider.

### Hilly Hammer

6 PM. (This ride has been switched to Monday nights. When ride date falls on a

meeting night, the ride will be held the next night on Tues.) Ride with Rick Jones (248) 879-2490 from the MSU Management Training Center at Square Lake, east of Crooks. This is a 30 mile hilly, fast ride at 20+ mph (18 mph average).

## Tuesdays

### Prestige AM Ride

(Resuming on June 8) 9 AM. Tuesdays and Thursdays Ride to Metro Beach from Prestige Cycles on Moravian near Garfield with Rick Okerhjelm 25 miles, 14-16 mph. (810) 286-3023.

### Prestige Ride

6:30 PM. Note the correct time. Ride 25-30 miles from Prestige Cycles on Moravian near Garfield. Your leaders are Gary Haelwyn (810) 286-5094 and Don and Linda Dahlke (810) 771-9664. Two groups, Pace: 16-18mph and 14-16 mph. Start time may change in Sept. Call leaders to confirm.

## Wednesdays

### Kmart, Blue Light Special

5:30 PM. Ride for 25-30 miles from Kmart headquarters at Coolidge and Big Beaver with Dave Komendera (248) 879-6474. Meet in the southwest corner of the parking lot. Pace: 16-18 mph.

## Thursdays

### Prestige AM Ride

(Resuming on June 8) 9 AM. Tuesdays and Thursdays Ride to Metro Beach from Prestige Cycles with Rick Okerhjelm (810) 286-3023.

### Mountain Bike Ride

2 PM. This is a mountain bike ride with Art Anderson (810) 786-9027. Meet at the Stony Creek boat launch. The route will take you on the road and trail for 40 miles in 4 hours.

### Parkut

6:30 PM. Ride with Bill Duemling at an easy pace (12-15 mph) from Parkut for 20 miles. Parkut is on Production Drive north of North River Rd. Call (810) 468-2947 for more details. Due to construction, you may not be able to exit I 94 at North River Rd.

### Stony Creek Laps

3:15 PM leaving from the Stony Creek boat launch. Ride laps around Stony Creek Metro Park with Sandy Freeman (810) 781-8315. Or join her on successive laps at 14-16 mph or the pace of the slowest rider.

### Wolcott Mill

6 PM. Start from the Stony Creek boat launch and ride a 30 mile ride to Wolcott Mill Metro Park with Mike

(Continued from page 3)

and Sandy Freeman (810) 781-8315 at 18 mph. (Note pace change.)

#### Cranbrook Ride

6:30 PM. (beginning in June) Ride 25 miles at 14-16 mph to Cranbrook from Cycle and Fitness on Washington in Royal Oak with Will Lajack (810) 758-1144.

#### Fridays

##### Grosse Pointe Ride

6:30 PM. Ride with Jane Bernard (810) 751-8881 from Marter and Jefferson for 25-30 miles. Pace: 16-18 mph.

#### Saturdays

##### Armada Ride

8 AM. Ride with Mike and Sandy Freeman (810) 781-8315 to Armada for breakfast. Meet at the Stony Creek boat launch. Total mileage is 45 miles. Pace: Slower group 14-16 mph and faster group 16-18 mph.

#### Sundays

##### Breakfast Ride

Call Diane Baker at (810) 739-0261 or Bill Duemling at (810) 752-6310 for the starting location of a Sunday morning ride to breakfast.

#### Ride Events

(Also Check Hotline)

#### Social Ride and Potluck

Aug. 22

See Pg. 1

## **Monthly Meetings**

**1st Monday of the month**

**Meeting time is 7 PM**

#### Dates

**September 13**

**October 4**

**November 1**

**Mt. Clemens Recreation Center, 300 Groesbeck**

**Mt. Clemens, MI (next to ice arena)**

**Call John Tarantino (810) 677-0482 or Will Lajack (810) 758-1144 for more info or club applications.**

**Volunteers needed to bring treats. (Club subsidizes cost)**

# 1999 CRR OFFICERS

**President: John Tarantino (810) 677-0482**

**Ride Director: Will Lajack (810) 758-1144**

**Secretary: Darlene Duskey (810) 263-5241**

**Treasurer: Sandy Freeman (810) 781-8315**

**Editor: Loren Bach (248) 656-1750**

**Email [bachmartus@mindspring.com](mailto:bachmartus@mindspring.com)**

**LMB Representative: Michael Sproul (810) 445-2868**

**July 12, 1999  
Clinton River Riders  
Meeting Minutes**



President John Tarantino called the July meeting of the Clinton River Riders to order at 7:15 p.m.

New member Steve Roberts was introduced.

**The SECRETARY'S REPORT -**

The minutes were read by Darlene Duskey. Mike Freeman stated the correct amount for the CRR jersey's was \$32.50 not \$37.00. He also clarified that the shorts were are not subsidized by the club.

**The TREASURER'S REPORT -**

was read by Sandy Freeman.

**BWR** -President John Tarantino asked for volunteers to sign up for assignments posted on the wall. Doris informed us we had another sponsor, Purell Sanitizer. They are donating 2,000 small packets which will be put in the registration packets. She is still working on massage volunteers for the ride and will let us know the outcome. Sandy Freeman mentioned applications are going out to the stores. She also asked that anyone who needs checks for expenses for the BWR, to please let her know ahead of time because of the 2 signatures needed for checks.

**OLD BUSINESS:**Bill Windhorst said that in the next two weeks a city council meeting would be tak-

ing place in reference to the Velodrome. If you are a resident of Rochester he asked that you attend this very important meeting. **NEW BUSINESS:**In reference to our last meeting, Mike Freeman made a proposal about curtailing the length of time discussions are held when they become heated and hurt feelings occur. Mike stated the following proposal: "to limit all discussions to 15 minutes, after which time the subject will be either tabled or voted on." Voting took place and the motion was denied. It was suggested that topics such as in our previous meeting be treated on an individual basis with the president (continued on page 9)

Remember that the BWR leaders are gearing up for our tour on October 3, 1999. Applications are at the bike shops and a very good response of 200 registered riders has already been received. Our publicity committee has done an outstanding job!

**BWR**

**Update**



There many new sponsors which helps to keep costs low and ensures that the money that is received goes back to the biking community.

Some construction tie-ups may present some problems in Canada so the routes may need to be modified.

Please call the leaders listed below to volunteer. This is our main fundraiser for all our activities for the year as well as bike education events. Thanks for your help!

Gary Haelwyn (810) 286-5094 BWR Chair

Diane Baker (810) 739-0261 Publicity

Eric Noyes (810) 465-6036 Routes

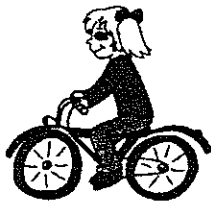
Doris Mulligan (810) 465-9342 Prizes

John Tarantino (810) 677-0482 S.A.G. Support

Bruce Carlson (810) 254-9322 Border Crossings

Rich Dyer (810) 773-2213 Parking

Rick Okerjhelm (810) 286-3023 Rest Stops, Food



**Right Photo: Our President, John Tarantino**  
**Lower Photo: L to R: Gary Hurl, Mike Pressley, Dave Courter and Dave Martus**



**Volunteers Needed**  
 The Detroit Rotary Club needs volunteers for a Bike Safety Day on Belle Isle on August 28 from 9-noon. Please contact John Snethkamp at (313) 925-9009 or email him at [jsnethkamp@lmb.org](mailto:jsnethkamp@lmb.org)



**Is There An Award In Your Future?**

**Mileage and Participation Awards Criteria**

If you joined the club before June 1 you can be eligible for 1999 awards. You must participate as a worker for the BWR either prior to or on the day of the ride. You must participate in at least 20 club functions. Your name must be legible on sign in sheets. Please print! The cycling period runs from December 1, 1998 to November 29, 1999.

Mileage Awards:

You are self monitored. Submit your miles ridden YTD totals at four times during the year via club meetings, phone or mail to Will Lajack. 10% of total miles must come from club rides, which include club invitational and all club rides on the hotline and in the newsletter.

Participation Awards:

They are based on the point system from club sign in sheets. Club officers-5 points. BWR Committee Heads-4 points. Club ride leaders and co-ride leaders-3 points. Each club ride, club event or meeting attended-1 point. Ride leaders and riders on invitational rides-1 point.

Youth Awards:

Awards by age 15-18, 11-14, 10 and under as of June 1, 1999. You are self monitored. Submit your miles ridden YTD totals at four times during the year to Will Lajack (810) 758-1144 or Mike Freeman at (810) 8315 via club meetings, phone, or mail.

Commuter Awards:

The program is self monitored; keep track of the number of days you commute to work. You must submit your commute days four times during the year to Will Lajack (810) 758-1144 or Mike Freeman at (810) 8315 via club meetings, phone, or mail.

**BIRTHDAYS**

8/1	Susan Adams
8/4	Warren Berthelsen
8/4	Jerry Pavlat
8/7	Michelle Robinson
8/7	Julia Schultz
9/2	Sue Pavlat
9/2	Bev Clark
9/2	Bob Bartley
9/2	Dave Henry
9/5	Jim Crawford
9/11	Graciela Balmaceda
9/19	Loren Bach
9/22	Carol Crawford
9/23	Eric Noyes
9/25	Greg Schultz
9/30	Bob Baker

## Club Discounts

Identification cards are available for any club member at club meetings. A 10% discount has been given at the following stores. To avoid disappointment, please check with the store to verify participation.

### Prestige Cycles

36558 Moravian Clinton Twp. (810) 792-4040

### Pointe Cycle and Fitness

20343 Mack

Grosse Pte. Woods (810) 886-1968

### Mountains of Bikes

42201 Garfield

Clinton Township (810) 412-0500

### Antoon's

42918 Shoenherr

Sterling Hts. (810) 247-9240

### Big Ralph's Schwinn

23521 Nine Mile

St. Clair Shores (810) 772-3258

### Macomb Schwinn

28441 Schoenherr

Warren (810) 756-5400

### Stony Creek Schwinn

58236 Van Dyke

Washington (810) 781-4451

### Main Street Bicycles

112 B South Main St.

Romeo (810) 336-1177

### Anchor Bay Bicycles

35241 23 Mile Rd.

New Baltimore (810) 725-2878

### Continental Bike Shop

23262 John R

Hazel Park (248) 545-1225



### Editor Email

[bachmartus@mindspring.com](mailto:bachmartus@mindspring.com)

### CRR Website

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

### LMB Website

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

### LAB Website

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

### M.U.T.S and Midwest Tan-

### dem Rally

[www.accn.org/kvanden/muts/mtr/](http://www.accn.org/kvanden/muts/mtr/)

# Midwest Tandem Rally



The Michigan United Tandem Society (MUTS) is hosting the 1999 Tandem Rally (the last rally of the century!). The rally is being held during Labor Day Weekend from September 3-6, 1999 near the Valley Plaza Resort in Midland, MI at 800-825-2700. The middle of the mitten has some really fine, flat country roads for your pedaling enjoyment. Midland is a small upscale clean city with easy access to hotels, food and low traffic riding. Our hope is the 24th annual Midwest Tandem rally will be a turn of the century event you will cherish for years to come. For further registration information contact send an SASE to: Jim & Barbara Mertens 5409 Drake St., Midland, MI 48640 or email at [jamert@aol.com](mailto:jamert@aol.com)

Volunteers are greatly needed. Ok guys & gals, time to step up to the plate!!!! We are signing contracts for MTR that require lots of riders. Give every tandem rider you meet a personal invite to join us at MTR and lets VOLUNTEER to show them the "Last Great Rally Of the Century". Many (most) of the volunteer positions allow the volunteer to enjoy full or partial day hiking. Volunteers can be friends, relatives, or organizations who just want to help out. There are definite perks to being a "Helping Paw" so give us a call Lew & Renae Pavlovich - Phone (517) 643-5864 or email - [lrpavlo@aol.com](mailto:lrpavlo@aol.com)

## New Members

New Club Members  
From 7/10/99-8/8/99

Denise Gutek  
Luis & Nancy Martinez  
Andrew Neuwirth  
Dave & Barbara Selbach

*(Continued from page 2)*

trade offs with a recumbent. One of the most obvious is the uphill speed. Unfortunately, the biggest hills came in the first few days, before I had a good riding technique. I still expect to go slower on the uphill, but might be able to catch up with some of you on the downhill!

The air shock seemed to lose pressure a few times, but Andy assured me that if the air shock is reliable and if an individual one is defective, it is covered under warranty.

I was able to draft behind an upright bike, but others behind me did not derive as great a benefit. I found that towards the end of the week, when the wind moderated, I appreciated the low stance so that I didn't have to draft because I enjoyed the 180 degree view, something I have been missing on the tandem.

For you techno-weenies out there, the Trek is a short wheel base model. This means that the rider's feet are out in front of the wheels. It has an aluminum frame (if you can call

a three inch boom a frame), with 20 inch wheels, slick tires that were wider than most upright road tires (32 instead of 25 or 28). On a recumbent, tire width greatly decreases road harshness.

Trek designed the gearing differently than other recumbents. The gears are Grip Shift with five on the left shifter and eight on the right which gives a remarkable 40 gears. This design is made possible by a unique system with two chains and two derailleurs on the bike. I used all of them while I worked out the best combinations for the terrain. I also threw the chain a couple of times because I couldn't see my gear choices underneath me. I threw the chain because I tried to shift too many gears too fast. My husband came up on me fast just as I lost power on the hill. He did a panic stop and almost did an endo. OK, I admit it, it was a beginners' mistake! After that I learned to shift the right side first when approaching a hill, and then I would start to shift down on the left side.

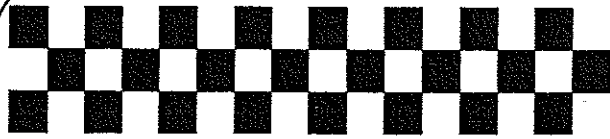
The Trek weighs in at 31 pounds which is about three pounds more than the average of short wheel base

models. It has a two inch longer wheelbase than other short wheelbase models and this lends a good sense of stability to the bike. It also had a rear air shock by Cane Creek, although I don't know if I received much benefit from it, since I felt most comfortable with it pumped up fairly high. The bottom bracket is also fairly high, which increases climbing ability, but can lead to knee soreness for those who are prone to this problem. My knees were a little sore, but felt like I do when I first start riding in the spring.

Now that I am back in the metro area, I plan to test ride other recumbents and I plan to purchase one. I feel happy that I have a choice again to be able to ride singly, although I am still a committed tandem rider. After all, we just sold two bikes, so there are two hooks left open in our garage...







## The Pres 'sez...

We all love bicycling. When possible we should support this sport. Everyone likes to ride their bike with the club and on tours, however, this is a small part of the big picture.

Our Blue Water Ramble is a wonderful ride and with the profits we support many organizations that involve cycling. Please keep this in mind when volunteering for our ride. Without volunteers we couldn't have the BWR

Another facet of bicycling is racing. We don't have to race but we can be spectators. One race coming up is August 15 put on by the Wolverines. It will be held at the Waterford Hills Race Course from 9:00 am to 3:30 p.m., a tandem division will be available. The second race I know of is one we helped sponsor. It will be held in Eastpointe, September 4 from 9:00 am to 3:00 p.m.. Also part of the series is September 5 in Windsor and the 6th in Detroit. Please contact me for more information.

Trails are a great place for new riders. I'm involved with the Friends of the Macomb Orchard Trail. This is an abandon rail bed which runs from Shelby Twp. to Richmond. It will take a long time to see this trail put in, but it will be well worth it. We have a meeting at Wolcott Mills Rotary on the second Tuesday of each month...stop by sometime.

Supporting bicycling is very important and these are a few ways to participate. I try to encourage new riders and invite them to join the club. The more people cycling the stronger group we become.

Enjoy this sport and have a safe summer. **John Tarantino**

*(Meeting Minutes, Continued from page 5)*

controlling any lengthy discussions.

Ann Schmidt thanked everyone for the cards and the flowers she received after her bicycling accident and Jane Bernard thanked our new editor for her timeliness and her great efforts

John Tarantino mentioned a Rails-to-Trails meeting to be held tomorrow at 7:00 p.m. at the Wolcott Camp Rotary Activity Building. This 19-mile trail is from Shelby to Richmond and is now named the "Macomb Orchard Trail."

Bev Clark mentioned a ride called the "Celebration of Cycling" sponsored the Arc Cycling Program. It will be held on Saturday, September 18 starting on Hines Drive in Western Wayne County.

Respectfully, Secretary Darlene Duskey

### Want Ads

**Santana Tandem for sale:** 1994 Santana Visa, Med. Frame, seafoam green w/ white trim. Shimano XT components, Syntec mustache front bar w/ bar end shifting, Sun Chinook rims w/ Wheelsmith spokes & Continental tires, Rear V brake, Dual Avocet computers, four bottle cages, Blackburn rear rack, Leather gel front seat, Tailbones gel rear seat, Zefal HPX pump, Stoker handlebar mirror. Asking \$1800. Call Doug McDermid (248) 593-9113

**1993 Schwinn Crosscut hybrid for sale,** asking \$200 or best offer. Shimano components, indexed shifting, 16 inch frame, 26" wheels, fits child, good condition. Call Dave Martus or Loren Bach (248) 656-1750

*Editor's Notes*

This newsletter was delayed due to my vacation (see pg. 1). Our September newsletter will come at about mid-month, because the meeting will be held one week later because of Labor Day.

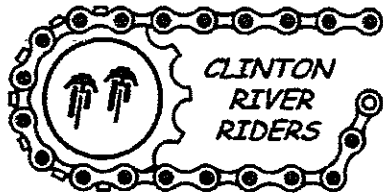
I would love to include trip reports, and pictures in the Rambler. I can scan photos and they usually reproduce o.k. in black and white. Photos with high contrast work the best, but any photos of actual CRR members make this newsletter more interesting. This is your forum. Have fun with it!

I will not be able to attend most of the CRR monthly meetings during the school year since I have another commitment. Kathy Osip will be available at most meetings to take notes. You can give her submissions for the Rambler or send them to me at least a week ahead of each meeting date. As always my email address is [bachmartus@mindspring.com](mailto:bachmartus@mindspring.com)

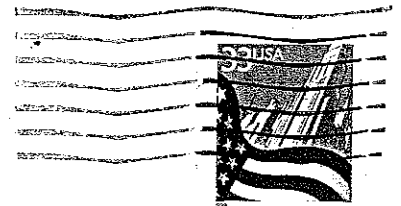
If you would like me to have your email address published in the September newsletters please let me know. Feel free to call me at (248) 656-1750. Sincerely, Loren Bach

**CARDS OR FLOWERS  
FOR CRR MEMBERS  
OR FRIENDS**

**Julie Windhorst has volunteered to be in charge of sending flowers or cards to any members or friends of the Clinton River Riders who have injuries, illness or other events in their lives that should be commemorated. Please call Julie Windhorst at (810) 939-6073**



36558 Moravian  
Clinton Twp MI 48035



Gary Haelewyn  
Jan Haelewyn  
41706 Merrimac  
Clinton Twp MI 48038

