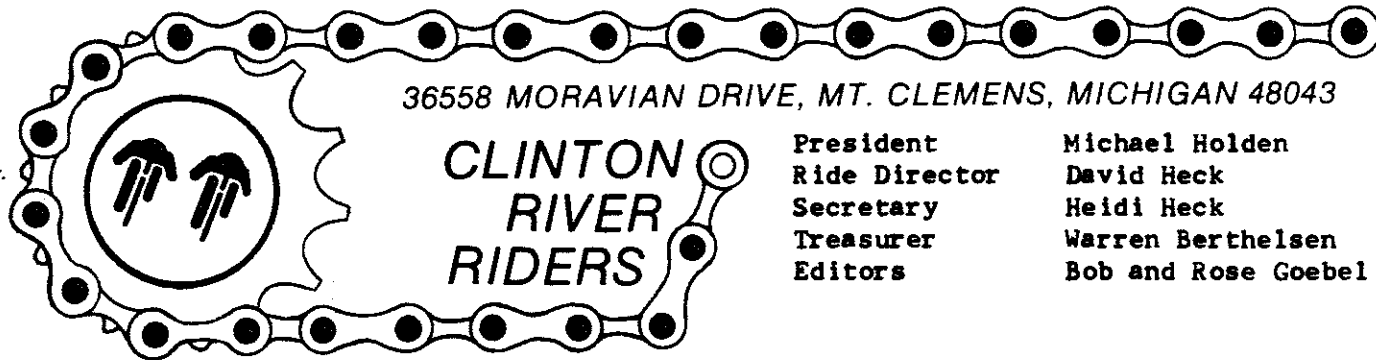


SEPTEMBER 1988

9/22/88



36558 MORAVIAN DRIVE, MT. CLEMENS, MICHIGAN 48043

**CLINTON
RIVER
RIDERS**

President	Michael Holden	398-1677
Ride Director	David Heck	254-1868
Secretary	Heidi Heck	254-1868
Treasurer	Warren Berthelsen	781-6706
Editors	Bob and Rose Goebel	286-0384

NEXT MEETING - Monday October 3, 7:00 p.m. at the Fraser Public Library, located on 14 Mile Road, west of Utica Road.

NEW MEMBERS - The Clinton River Riders would like to welcome the following new members to the club; David and Pamula Szymanski, Sam and Marissa Coor, and David Meriwether. We hope to see you on future events.

FROM THE DESK OF THE PRESIDENT - Special congratulations to Sue Pavlat for her performance in BAM (Bike Across Missouri) Sue finished first in the women's division and 20th. overall! WAY TO GO SUE! (555 miles in 41 hrs., 13 minutes) Club patches are in and will be distributed soon. Blue Water Ramble jerseys have arrived and are they nice. "Good Stuff" even added the clubs logo over the left breast. The jerseys are royal blue with white trim and white printing, three pockets in back and a six inch zipper collar in front. Pavlat's Prestige Cycles will be purchasing T-shirts for the workers at the BWR again this year. Thank you! To qualify for this shirt you must have signed up to work. Sign up sheets were out at every monthly meeting since May, so that we could order your shirt size. You must show up in person and work the day of the Blue Water Ramble to receive your shirt. Extra shirts will be given to people who work and did not sign up earlier. SEE YOU SUNDAY OCTOBER 2ND....

Mike

BLUE WATER RAMBLE - Club members that will be working the Blue Water Ramble should meet at 6:00 a.m. at the St. Clair High School. Anyone wanting breakfast or a BWR jersey should send in an BWR application with your money as soon as possible.

HELP WANTED - Monday Sept. 26, 7:00 pm. - Volunteers are needed to help stuff rider packets for the BWR. Your help is requested at the Moorman home, located at 36595 Eaton Drive, which is between Kelly Rd. and Groesbeck, south of 16 Mile Rd.

CLUB PATCHES - The Clinton River Riders have purchased club patches. It was voted on at the September meeting to distribute them upon payment of next years dues. Individual members will receive (1) patch and families will receive (2) patches. Extra patches will be available at a price to be determined.



GUEST SPEAKER - A special thank you to our guest speaker at the September meeting, Tom Ferstle the Michigan Representative of LAW (League of American Wheelmen). Tom explained some of the functions of LAW and how they are of use to us as a club or as an individual member. He explained about LAW's magazine, national events, rallies, insurance program for bike tours, and how LAW gets involved in legislation of laws against bicycles. Sandra Studebaker, who introduced Tom at the meeting shared her experiences as a individual LAW member and how she has used LAW'S information when traveling in other states and going to bicycle rallies.

Individual membership applications to LAW will be available at the next club meeting, or contact our President Michael Holden.

NEW CLUB JERSEYS - At the October 3rd club meeting we will be voting on a new design for the Clinton River Riders Club jersey. The present Club logo and Club colors, gray and red, must be incorporated into the design. Please submit your designs or rough sketches at the meeting. The design chosen will be finished by a professional artist so don't worry about your artistic talent, your idea is what really counts.

CLUB RIDE SCHEDULE

PLEASE CALL THE CLUBS HOT LINE (792-4670) BEFORE A SCHEDULED RIDE FOR ANY LAST MINUTE CHANGES.

PACE - The speed ridden at while moving - NOT the average speed.

September 24 - Saturday - Clinton River Riders Tandem Time Trial 7:00 a.m. Stony Creek. See August newsletter.

October 2 - Sunday - Blue Water Ramble - See You There

October 8 - Saturday - Mountain Bike Ride - Meet Andy Neumann at Stony Creek, West Branch picnic area at 8:00 a.m. for an easy pace, easy terrain ride to Lake Orion. Breakfast in Lake Orion.

October 9 - Sunday - Cider Mill Ride - Andy Neumann will be leading a ride to a few of the areas cider mills. 15-17 mph pace, leaving at 8:00 a.m. from Farmer Jacks parking lot 24 Mile Rd. and Shelby Rd.. 50 to 60 miles.

October 16 - Sunday - Meet Ed Gostin at the Dorais Velodrome, located on E. Outer Drive, west of Mound Rd. at 8:00 a.m.. Road or Track bikes OK. Helmets required. There will be basic riding instructions available for those who have never ridden a velodrome. The Dorais Velodrome is a 1/5 mile banked track designed specifically for bicycle racing. The surface is a bit rough but still fun to ride. If you have a track bike that does not have a front brake (bikes used in track races are not allowed to have brakes), bring it and your road bike. Separate riding sessions may be organized for the race bikes.

NOTE: Do to the fact that riding a wet velodrome is extremely hazardous, this ride will be cancelled in case of rain. For more information contact Ed Gostin 939-6107.

October 16 - Sunday - Detroit Marathon - Ride down and support Sandra Studebaker in this years marathon.



RIDES SPONSORED BY OTHER CLUBS

September 25 - Apple Cider Century - Three Oaks, Michigan - Routes of 25, 50, 75, and 100 miles.

September 25 - Detroit River Celebration '88 Bike Tour -

Two routes:

Belle Isle Casino is the starting point in Detroit for a near 10 mile ride along the Detroit River. Registration at 8:00 a.m..

Mic Mac Park in Windsor (south of the Ambassador Bridge) is the starting point for a 35 mile ride to Amherstberg. Registration at 9:00 a.m.

Road Captains will be provided by the Detroit Recreation Department's DETROIT FREEWHEELERS and the Windsor Bicycle Club. Entry fee is \$7.00 payable at registration. Refreshments will be available.

CLUB RAMBLING'S

It appears that the Club has a mysterious "Junk Food Junkie". In a two day period over Labor Day weekend, this Club member was observed consuming a 2 pound package of El Fudge cookies, a 1 pound package of Double Stuffed Oreo cookies, several quarts of chocolate milk, uncountable Pepsi's - the only thing that came close to nutritious was one fried chicken dinner! Also available in this Club members "Goodie Bag" in case he had a real junk food attack was a lb. bag of M&M peanut candies, and a bag of Brachs hard candies! WHO COULD THIS POSSIBLY BE? I won't say but one thing that's good, and that is his pregnant wife is eating for the baby and not him! Are these the foods that give Ultra-Marathon cyclist their ULTRA ENERGY? (consider this an inside training tip).

Congratulations to the club members who placed in the following races:

Emalee Neubound who placed 1st in her division and to Bob Crowley placing 2nd for the bike races held on Belle Isle in June.

Tour DeMichigan Bike Races: 13th Dave Gaskell 22nd William Guilbert, 1st Janet Horn.

Greek Town Bike Races - 1st Pat Gaskell, 20th William Guilbert

Berkley, Sept. 11 -4th Bill Crowley

Addison Oaks Mountain Bike Race - 15th place to Ted Gondert even after dropping a chain.

Frank LoPiccolo - 1st for the Senior Olympics Bike races on Belle Isle. Frank was also highlighted in the Detroit Free Press "Healthier Than Thou" section on September 2.

(ODRAM) One Day Ride Across Michigan - Club members Andy Neumann and Eric Berthelsen cycled from Muskegon to Bay City - 158 Miles. Started 6:30 a.m. and finished 4:15 - GOOD JOB!!

Congratulations to Ron Roude for a first place win in the Powerhouse Classic, Bantam Weight Division, Body Building Competition.

AWARDS COMMITTEE - Please contact Doris Mulligan, Sue Pavlat or Ed Gostin, if you feel that a club member is deserving of an award, whether it be funny, or well deserving.

THANK YOU - To all the Club members who came up to Traverse to pedal the hills and camp the beach for R.A.T. (Ride Around Torch) weekend. We all had such a good time. Your very thoughtful gift certificate to our "FAVORITE" store is great. Does anyone know - is it a gift thank you, or a 1989 bribe?

Thanks again,

Warren & Barb Berthelsen

TUMBLING SESSIONS - Eddie Borysewicz, former USCF National coach, recommends that cyclist make tumbling a part of their off-season training program. The skills and instincts learned can save a rider from serious injury in the event of a crash. Artistic Gymnastics Academy is willing to provide us with an instructor with customized sessions provided at least five people sign up. The cost is about \$70.00 per person for a six week session; one class per week, beginning the second week of January. The gym is located on Groesbeck and Common Rd. If you are interested, call Ed Gostin at 939-6107.

TIPS FROM THE TOP

From: Inside the Bechs Racing Jersey

Dehydration: When I first started racing I began to think about my way of riding. As is always with most new riders, they tend to think that if there is a physical problem it will show up in some way or another. But dehydration doesn't. People just starting out may think that when you are thirsty is the time to take a drink. Not so. Actually, if you suddenly get thirsty while you are riding for a long time it is probably already too late. Thirst is one way of your body telling you that there is a shortage of fluids in you body. Experts say that taking in at least one water bottle every half hour is one way to prevent this from happening. Another way is to take in a lot of fluids about an hour to a half hour before you ride.

Some one out there, right now, is saying to themselves: how serious can dehydration be? Take it from a person who spent most of the night lying on a hospital bed with an I.V. tube running from his arm because of it. It is VERY Serious! Someone not knowing what is happening may mistake it for the bonk or burnout. The first symptom is tiredness. Soon after you lose your taste for almost all kinds of food. Later, sleep becomes a problem and sometimes, but only after prolonged dehydration, breathing may become difficult, but usually only after a few days. If dehydration is not tended to, over a long time severe weight loss will set in.

So be safe, drink lots and have a good ride.

AN OPEN LETTER OF APOLOGY TO A SENIOR MEMBER OF OUR CLUB

Over the past few month this member "The Italian Scallion" A.K.A. Possum has born the brunt of many jokes. We should have indeed treated him with more respect and compassion. As I reflect over the occurrence of the past year and especially the last DALMAC, we should have all seen the onslaught of senility.

One of the first signs of this is the loss of short term memory. This can be best exemplified by the man's peculiar problem of keeping track of his riding shoes. First he accused one of his many grandchildren with hiding one of his SIDI shoes (which still hasn't been found), then during DALMAC he resorted to accusing his fellow club members of hiding his shoes almost every night. He even forgot that he stuffed them with rocks and newspapers that they would hold their shape.

The results of one of these accusation sessions brings me to the second telltale sign of senility and that is the lessening of visual acuity. While looking for his shoes, in a fit of feeble anger, he threatened to throw a fellow club member's shoes into the swimming pool and try to walk through a closed door wall.

This incident along with many other occasions where he has struggled to catch riders and then discover they were not who he thought they were, leads me to believe that he really didn't know he was drafting a Spree during TOMRV.

I have struggled to figure out how he could complete the quad century in such a confused state and there is only one answer. Obviously, he thought that he was just riding to the Eastern Market and it was taking a heck of a long time. As for not knowing that he was traversing northern Michigan, much like a retired greyhound dreaming of chasing the rabbit, when he sees a wheel he is oblivious to everything else.

My fear is however, that if the normal pattern of body functions holds true, his wife Pat can only look forward to a long cold winter.

I am sure that my cohorts "Mitch the Stitch" and "The Pole Town Kid", join in this apology.

Signed,

The Plow Boy

EDITORS NOTE: The members of the club make the newsletter what it is, by contributing articles of interest. We need your input to keep it enjoyable and informative. We would like upbeat articles, tour information and anything you feel club members would enjoy. Please send it to us by the first Monday of the month.

Bob & Rose Goebel
39729 Aynesley
Mt. Clemens, MI 48044



MY FIRST FLAT by Bob Latsko

The 3rd day of DALMAC dawned overcast and foggy. Looks like rain today was the general sentiment. After the first two perfect days of riding north from Lansing I preferred to think that the clouds would open and the sun would shine once again. However, about 30 miles past our campsite at Cadillac I felt the first drops of rain on my face. My riding partner hastily changed into her rain gear but I was traveling light and decided to tough it out. Rain gear was too warm for me anyway. Those first drops soon turned into a cold shower and I became drenched through - but I was warm enough as long as I could stay on the bike. The down hills were harrowing adventures on the wet road and every turn contained excitement comparable to the largest coaster at cedar point. My only satisfaction came in seeing that my riding companion was hardly more comfortable despite her rain gear.

Now what was happening??? The bike was wobbling (DAMN PAVEMENT)! I'm being dropped by my companion. Looks like your back tire is a bit low came a voice from behind. I dismounted and squeezed the tire - my worst fears were realized. I looked to my companion for help. It takes me a long time and anyway, someone always stops to help me was her response. I felt hypothermia setting in as I pushed my bike to a fairly dry spot under the nearest tree. I had to get it fixed before Gary caught up but I could almost hear him laughing as he many times predicted that my first flat would occur in just this kind of weather. I should have listened to him and practiced changing a tube before this happened to me. Not to worry. I never, but never ride in this kind of weather.

Better get started. What to do first? I looked to the road for help for the last time but the wet, passing riders only looked on with sympathy and/or humor. (Glad it's not me under that tree). But then I saw that distinctive helmet! Tonto to the rescue!!! "Hey Teddy" Although Andy also stopped to offer the suggestion that Teddy act as an instructor rather than mechanic, in that rain neither of us was interested in hearing him. 10 minutes later I was back on the road racing on to a warm lunch in Elk Rapids. It's nice to belong to the Clinton River Riders. Thanks Teddy!



ALL ABOARD!!! WINDSOR TO CHATHAM EXPRESS IS LEAVING by Gary Haelewyn

I pulled into the Windsor train station around 9:15 taking the first parking spot closest to the entrance. I could only park here for 30 minutes, but that was all the time I needed to be sure no one showed up for the ride. After all, the sky was gray and cloudy, and the air sent goose bumps up and down my arms. Nobody could drive all the way to downtown Windsor on a morning like this, except...

"The newsletter said to meet at the train station", that booming voice sounded familiar, "This is going to be a Great ride", yes, now that had to be. Sure enough, as I poked my head out the window there was Bob and "great ride" Rose Goebel. A few minutes later Bob "Casanova?" Latsko pulled in followed by "Cadillac Michigan" Tim Garvin. Tim was pulling his two week stint in the National Guard at Selfridge. He's an avid cyclist from the Cadillac area. Welcome aboard.

At 9:45 we decided to move the cars to a less conspicuous area to avoid being



towed away, got out the bikes, put on the parkas and rain jackets, and headed west out Riverside drive for our destination. The view on the Canadian side is a sharp contrast to the American. We cycled past stately homes and cottages with a beautiful view of the river. The U.S. side slowly disappeared as the river turned into Lake St. Clair. We stopped 30 minutes into the ride to take off the parkas, and raincoats. The sun was poking out and patches of blue sky started appearing. It was at this point that Martine (the name comes from a French exchange student who sat in front of me in 11th grade english) appeared, her brown, waist length hair flowing in the wind as she pedalled 50 feet in front of us. I slowly picked up the pace to 18 mph. "Were on our way to Chatham, want to join us?" I asked as we passed on her left. "Oh darn, I'm not prepared" she responded with a French accent. I slowed the pace back to 15 mph. so she could hang on the end. Who's at the end anyway? As I looked in my mirror "Casanova?" was already riding next to her, slowly falling off from the rest of the pack. Ouch, "HOLE" I yelled out, better watch where I'm going. A minute later another look in the mirror confirmed my worst fear, Bob and Martine were now 50 feet behind us and still dropping. Another 10 minutes and Bob and Martine were barely visible. We made a left at the light to tour a new subdivision when we came out Bob was again barely visible only this time he was in FRONT of us. He had dropped Martine and raced off (24+mph.) looking for us. He missed the turn on Tecumseh Rd. and added a 2 mile loop of his own before spotting us. (I'll let "Casanova?" tell you about Martine).

We continued on past Puce, Emeryville, and into Belle River. The traffic was light to non-existent as we rode down old highway 2 past farms of tomatoes and beans. This area is a big supplier for Heinz 57. At 30 miles out, we turned off highway 2 and rode into Light House Cove for a much needed break. We consumed bagels while watching the boats make their way out of the Thames River into Lake St. Clair. We're now on highway 36 riding along the beautiful Thames River. This takes us right into Chatham where we head for the train station the get tickets for the return trip to Windsor. We purchased the tickets and headed past J & R tavern, with it's table top entertainment (remember J & R Tim?) for Mothers restaurant for a very late but delicious brunch, and after-dinner mints.

We made it back to the station at 3:45 as requested by the ticket agent but still had to wait a half hour for the train to arrive. We munched on mints (appropriated by Rose from the restaurant) chatting the time away. The train arrived and we loaded our bikes onto the baggage car. When we looked up the platform was empty and the train was about to leave, with out us.

We raced over to the car, scrambled up the steps and took our seats just as the train started pulling away. 45 minutes latter we were slowing down as the train made its way into the Windsor train station.

Thanks Bob and Rose for the good conversation and appropriated mints. Yes Rose, it was another "great ride" and we will do it again next year. Congratulations Tim on completing your longest ride, next time that you are down here be sure to look us up. And then there's "Casanova?". Notice I put a question mark after his name, ask him about it when you see him on a ride. Finally I'd like to thank the people of Canada. Their drivers seem to tolerate us, people along the way waved and said hello and those working for VIA Rail Canada were friendly and very helpful. Oh yes, Martine! She rides with the Windsor Bike Club, who I understand receives a copy of our newsletter. If your out there Martine, Bob Latsko will be pulling the ride next year and guess who'll be at the end.

ON THE ROAD WITH DUANE AND E.A.

August, 1988

Hi Everyone,

I think the last time we wrote we were leaving Missoula and the U.S.A. for the northern country called Canada. It has certainly been an experience. One of the last things we did in the U.S. was to climb an 11 mile pass on the "Going to the Sun Highway" through Glacier National Park. Believe it or not we had fun doing it. Elizabeth has experienced a lot of "first's" on this trip. We have seen numerous wild flowers and vegetation, waterfalls everywhere, and glaciers. Pictures can't do it justice but we did take a few.

Our crossing into Canada was an ordeal but since they could not find a good reason to keep us out, they finally let us in. We had to prove how much cash we had and credit cards, and insisted that we would not look for work while we were in Canada. I guess they have a thing about long hair cyclist touring their country. We finally did get in and our route took us through Kootenay, Banff, and Jasper National Parks. I'm sure it's some of the best Canada has to offer. Here we met a lot of cyclists who also carried back packs for hiking. We did take 3 days off to stay with some people we met in Calgary and to see the "Stampede" (like our state fair) It was really different to become a pedestrian. At first we didn't know how to act. Our legs still wanted to pedal and our bodies weren't sure why they weren't covered in something other than lycra. Fortunately Calgary has a wonderful rail transit system and it was not difficult getting around town. We could have stayed longer, but once we were back with our bikes on the road again it was like being home.

It was really like being home when we called Berthelsen's and got to talk to some of the club members that were there for the RAT Tour. Duane said its the first time he heard Barb speechless. It's nice to know he can still put one over on her. I hope we will be there in person next year to share all the fun. We are currently camped at the bottom of a Glacier in Stewart B.C. but we did sneak across the border into Hyder, Alaska to get "Hyderized" with a shot of pure grain alcohol and to take advantage of the cheaper postal rates. Tomorrow we head up onto the gravel portion of Highway 37. The closer we get the worse the reports get. In one campground many of the campers that had just come south on 37 wished us well and said that they would say an extra prayer for us. Fortunately as we reached the junction where the pavement ends the people coming down assured us that the sun was doing great things for the road surface after 3 weeks of rain and that it might not be easy but it wasn't that bad. We will let you know after we have crossed the 200+ miles of gravel. We got to sign off to get this in the mail.

Take care, and happy pedaling.....

Duane and Elizabeth

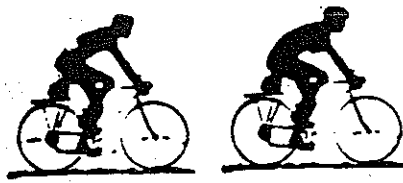
Just received a second letter from Duane and Elizabeth Nieman - It is quite long and we have put in parts of the letter.....

September 6, 1988

Dear Club Members,

HELLO FROM FAIRBANKS ALASKA!!!

Wow, it is beautiful here. Fairbanks is a huge town, much bigger than what we are used to. There seems to be stop signs and traffic lights everywhere. I think the last time we saw a traffic light was back in Prince George, B.C.,



almost 1500 miles ago.

We are a little ahead of ourselves here though. Let's go back to Hyder where we left you last time. The road from Hyder was 39 miles of beautiful scenery; mountains line the road on both sides, and you won't mind the fact that the first 26 miles are uphill because the tail-wind is so strong you don't notice. We stopped and took pictures of one glacier that comes right down the side of the mountain and stops close to the road. The real fun started when we reached the main highway and the end of the pavement. Some sections of the road were so smooth we had to keep reminding ourselves that we were not on pavement. Those were the spots that had recently but not too recently been repaired. Road construction signs filled me with panic as we never knew what to expect. At one construction site we had to follow a grader through a 4 mile section of freshly chewed up dirt and rocks. Resurface material is anything smaller than 5 inches in diameter. At another construction site they were doing dust control. First you dump enough water on the road to make it good and muddy (the kind you can sink your tires in), then you spray the road with calcium chloride. We got both.

Along with the construction hazards there are the yellow "Rough Road" signs. We saw them everywhere! The only place we didn't find a "Rough Road" sign was at the bottom of a nice fast downhill where we found washboard. We thought the bikes would rattle apart before we could stop.

In a land that seemed to be mostly uphill, some downhill's were so small we hardly noticed them, except for the signs.

Actually the first 250 miles of dirt road were in fairly good shape, good enough that we decided to take a second stretch of dirt road just a little longer than the first, that's where we made our mistake and also where we found the worst sections of road.

In spite of all the road hazards we still have to admit we really enjoyed most of it. The second stretch or the "Robert Campbell Hwy." did finally get us. All the excitement and challenge of the dirt roads became a struggle of survival as we broke supports in our bags, pinched numerous tires and popped rivets out of our front bags. When we finally got to Faro, we took two days off and went fishing. What a great break.

We took two more days off at Dawson City before attempting the "Top of the World Hwy". It is very appropriately named. When we left Dawson we climbed for the first 10 miles. Even though we were back in dirt roads they were in great shape until it rained. The first 30 miles were easy, even with the climb. From there the hills got steeper and by the time we crossed the border into Alaska (63 miles after Dawson) we were exhausted. It had taken us 12 hrs. to ride that section, 9 hrs in the saddle. The view was the most spectacular yet. We rose above the tree line and could see for miles. The valleys below were filled with all the fall colors. This would have made a great club ride and its not the first time we wished you were all here to share it with us. We hope everyone is enjoying summer back home and having a good cycling season. We will tell you all about Alaska and our plans after that in our next letter. Till next time....

Duane and Elizabeth

