



September 1995

Blue Water Ramble

The 1995 Blue Water Ramble will be on **Sunday, October 1** in St. Clair. Registration workers should be at the St. Clair high school at 6:00 a.m.

The BWR had a very favorable review in September/October issue of *Bicycle USA* the League of American Bicyclists magazine. They had comments from Donna Jakowec, president of the London Cycling Club in Ontario who send 15-20 riders to BWR. She liked the organization and people, scenery on the American side and the ferry rides.

If you haven't signed up yet to help with the BWR, please contact one of these committee heads. Your help is needed to make this years BWR the best yet!

Diane Baker is head of the committees. (810) 739-0261 (new phone #)

Debbie Capoferi and Steve Angst are head of *Publicity*. 573-8089. Elizabeth Nieman is head of the *Food*. 752-6482 work at rest stops during the ride, etc. Dave Courter is head of *Day of ride*. 781-8399. Park cars and help riders get on the ferry. Eric Noyes is head of *Routes*. 228-0665. Painting the road and making maps. Bill Duemling is head of *Registration*. 752-6310. Entering all the names and checking for errors, etc. Warren Berthelsen is head of *SAG*. 781-6706. Bicycle repairs and sagging in riders. Note: **Trek Wrench Force** won't be able to come this year due to other ride commitment.

SAG trailers: If you want to pull a sag trailer or have a "bugger" you can loan for the day of ride, call Warren Berthelsen.

Sunday September 17: BWR Preride in St. Clair. 8:00 a.m. Eric Noyes will lead the 100 mile route. 10:30 a.m. Dave Scott will lead 60 mile route.

9/22/95
Monday September 25 7:00 p.m.: Envelope stuffing at Bill Duemling's business, Parkut in Mt. Clemens, 40961 Production Drive (off of North River Rd) Exit I-94 at North River Rd & Gibraltar trade center.

Paris-Brest-Paris

Congratulations to Gerald Bartels and to Doug & Janet Plzak on a tandem for completing the Paris-Brest-Paris, ride. 1200km (760 mile) in less than 90 hours. Gerald say he only got 8 hours of sleep in the 85 hours of riding he did. He plans on doing it again in 1999

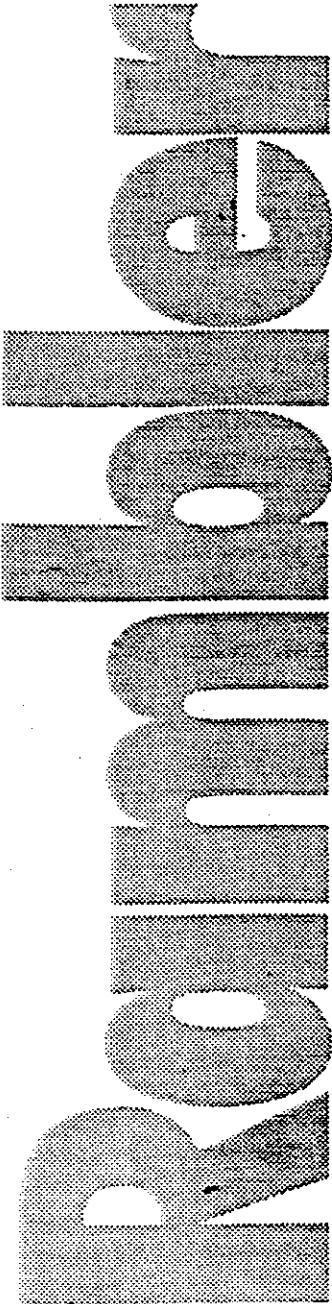
Semcog Committee

Southeast Michigan Council of Governments is the Metropolitan Planning Organization of SE Michigan. They are developing the transportation plans for Metro Detroit. The non-motorized committee needs bicyclists represented. Scheduled for first meeting in Sept. or Oct. Need volunteer who can make a few meetings a year in Detroit at SEMCOG offices during the week to represent bicyclists, call Bill Duemling for more information. (810) 468-2947 (work)

Next Meeting

Monday, October 2, 1995
7:00 p.m. at Mt. Clemens
Recreation Center
300 Groesbeck (at Lafayette)

President	
Steve Angst	(810) 573-8089
Ride Director	
Rick Jones	879-2490
Secretary	
Julie Windhorst	939-6073
Treasurer	
Pennie Morauski	773-2213
Editor	
Ted Gondert	752-7043
LMB Representative	
Warren Berthelsen	781-6706
BWR Chair	
Diane Baker	(new #) 739-0261
Hot Line	
	792-4670



ADVENTURE CYCLING

Ride Schedule

Reoccurring Rides

Call the Hotline (810) 792-4670 for updates

Note time changes and rides canceled because of sun setting earlier in fall. Lights should be brought on evening rides.

Monday 6:30 p.m.: meet Pam & Rich Dyer at the Michigan National Bank in Algonac on M-29 1/2 mile east of the Harsons Island ferry. Ferry (free for bikes) to Harsons Island for 25 mile ride at 17-18 mph.

Tuesday 9:00 am.: meet George Zoitro at Schultz' Funeral Home 8½ and Gratiot for 30-35 miles through Grosse Pointe @14-16 mph call Hotline to check on ride.

Tuesday 6:00 p.m.: meet Steve Morauski at Prestige Cycles 36558 Moravian (by Garfield) in Clinton Twp for 20-25 mile ride 14-16 mph to Metro Beach. Co-leaders are needed for this ride to lead different groups. Call Steve to volunteer.

Tuesday 6:45 p.m. : meet Sue & Jerry Pavlat at the MSU management training center on SE corner of Square Lake Rd and Crooks. BAM, RAAM-NOTHING BUT HILLS ride. 30 miles 1½ hrs, 20 mph average, no stops. Bring lights in case of delays.

Wednesday: 6:30 p.m.: meet Glen & Marilyn Drellishak at Long Lake (18 mi.) & Livernois for 25 mile ride. Two groups, 10-12 mph and 12-14 mph. Dinner after ride at restaurant.

Wednesday 6:00 p.m.: (new day) meet George Zoitro at Pavlat's 2 Wheel Authority in Royal Oak for 25 mile ride to Bloomfield Hills 16-18 mph.

Thursday 5:30 p.m.: for women only, meet Marilyn Opp-Tarrantino at Stoney Creek boat launch for laps around Stoney Creek. You can come latter and join them as they come around or drop off for a lap. Perfect for Thursday "Power at the Tower, widows"

Thursday 6:00 p.m.: meet Rich Dyer or Steve Angst at the water tower in New Baltimore for fast "Power at the Tower" 35 mile ride at 20+ mph.

Thursday 6:00 p.m. : meet Dano Merchant at Pavlat's 2 Wheel Authority on S Washington in Royal Oak for 25 mile ride to Bloomfield Hills at 14-16 mph

Friday 6:00 p.m.: meet Steve Angst at Jefferson & Marter (8½ mi.) for 25 mile ride at 16-18 mph. Ice cream stop is optional on hot days.

Saturday 8:00 a.m.: meet Dave or Rick at Stoney Creek boat launch for breakfast ride to Armada. 45 miles at 16-18 mph.

Sunday 9:00 a.m.: meet John Payne in Birmingham at 14 mile & Pierce (west of Woodward) NW corner for 36 mile ride to Rochester for breakfast. 14-16 mph. **Notes:** roads under construction, recommend hybrid or mountain bike.

Scheduled Rides for September

Call the Hotline (810) 792-4670 for updates or call Rick Jones (810) 879-2490 to schedule a ride.

BWR Preride: Sept 17 8:00 a.m.: meet Eric Noyes for the 100 mile tour starting at St. Clair High School on Rattle Run 1/2 mile west of downtown. Will pace ride to keep group together.

10:30 a.m. : meet Jeff Scott for the 60 mile preride, will try to meet the century riders at the China Twp rest stop. Sag van volunteer is requested for the 100 mile loop to carry lunch, etc. Lunch stop will be in Brander Park, Canada. This is a good ride for club members first century. Call the Hotline for more information.

Sunday, Sept 24 8:00 a.m.: meet Duane Nieman at Romeo High school for 40 mile ride @ 14-16mph to Dryden pancake breakfast

Sunday Oct. 1: Blue Water Ramble Club members should be there to help on the ride.

Sunday, Oct. 8 8:30 a.m.: "Endurance ride" one lap around Stoney Creek. Start at Eastwood Beach parking lot. Volunteers needed to time laps and help out for event. Call Steve Angst or Hank Thoenes to help. Breakfast ride after lap around Stoney to Ray Twp firehall at 29 mile and Wolcott for pancake breakfast.

Other Rides and Events

Addison Oaks MTB fall classic - Sept 24
MMBA point series (810) 858-0916

Apple Cider Century - Sept 24
Three Oaks MI (616) 756-3361

Back 40 Challenge, Oct. 8: MTB bike ride on dirt roads in north Oakland County starting in Clarkston. (810) 625-7000

Steamboats weekend - Oct 13-15

Call Bill Windhorst (810) 939-6073 for reservations in Sharonville, Ohio outside of Cincinnati the weekend of October 13-15 to see the "Tall Stacks" steamboat paddle wheelers. see Steamboats Weekend for more details, in this newsletter.

Mio Adventures

Sept. 16&17: MTM ride, the TOSRV of the North. A 210-230 mile ride from Mio to Mackinaw and back in two days with overnight in Mackinaw.

Oct. 7&8: Mio Fall ColorTour, two days of riding, maybe a canoe trip.

If interested call Doug MacDermaid (810) 939-4670 or Glenn Pelton (517)-TANDEMS (826-3367) Helmet required. Rustic camping available in Mio. Hotels fill up fast so call early.

Tour De Stoney

by Hank Thoenes

The third stage in the "Tour De Stoney" personal fitness series took place on August 18th in hot and humid conditions. The riders started with the threat of rain and finished just before the clouds opened up and soaked everything.

The weather wasn't the only thing that was hot as Dave Heck posted the single best time of the season with 14:58.00 and the team of Steve Angst-Debbie Capoferi bested the tandem record with a 15:12.97 ride. Congratulations on your rides.

The places were as follows:

Singles - male

1. Dave Heck 14:58.00
2. Ted Gondert 15:39.6
3. Bill Windhorst 15:57.9

Tandems

1. Steve Angst-Debbie Capoferi

The next stage in this event is tentatively scheduled for October 8th, 8:30 a.m., the weekend after BWR. Everyone is still invited to come and ride even if you haven't ridden in a stage yet. Come and see what your fitness level is at the end of the season. One category is still missing entries and we are looking forward to having our first women single rider.....Ladies it could be you.

Many, many thanks to the wonderful support crew that made this event possible for us. Nancy Thoenes and Trevor Smith for starting the riders, Bill Duerning for holding the riders, Julia and Breeanna Schultz along with Nancy for working the timer and finish line and Steve Angst, Debbie Capoferi and Sandy Freeman for handling the car and bike lane traffic. Once again this event could not be attempted without this great support. Thanks again.

Across America

Kevin Degen will join other disabled cyclists Sept. 29 '95 in Los Angeles for a ride across the USA. Kevin will be raising funds through pledge donations for the *Kenny Rehab* center. This ride is part of the AXA World Ride '95 which is a round-the-world cycling challenge aimed at highlighting the "able" in disabled athletes.

Kevin Degen has cerebral palsy and rides a custom adult tricycle. He has ridden centuries at many invitational rides in Michigan. Sponsors will donate money to "Kenny Rehab", a non-profit agency helping disabled people to live and work in society. They help provide adaptive equipment for handicapped. For more information call (800) 237-3422. Kenny Rehab, 21700 Northwestern Hwy. #730 Southfield, MI 48075

Kevin's route is scheduled to be in Cincinnati, OH on 11/5-11/6 and Grove City, OH 11/7 and Columbus, OH 11/8-11/9.

Steamboat weekend

October 13-15. Call Bill Windhorst (810) 939-6073 for reservations at Red Roof in Sharonville, Ohio outside of Cincinnati for the "Tail Stacks" steamboat festival. Rooms are available for \$50-\$60 a night.

These are the old time Mississippi riverboats, or reproductions. This event is only held every three years with bands playing music from the '50s, 1850s that is, and bluegrass, etc. Riverboat cruises might be available on Wednesday Oct. 11, the weekend cruises are all booked unless there is cancellation. Steamboats will be open for tours. Bike ride scheduled for Saturday. Rail to trail routes available too. John Tarantino and Marilyn Opp-Tarantino have been to Ohio and know routes in the Cincinnati area.

Editors Note: Please submit articles and information for the newsletter by Wednesday after the meeting. Mail it to: Ted Gondert, 356 Third St, Romeo, MI 48065-4804 or modern/fax it if you call first so I can turn on the computer or fax (810) 752-7043 or E-mail me at: ac557@detroit.freenet.org IBM/DOS 3.5 inch disk with ASCII, WP5.1, MS Word for Windows 2.0, or other standard text editors are acceptable too.

Personal Advertisements

This personal ad. was found in *Metro Times* Aug. 9-15 '95.

Karen Mousseau and Mike Kieffer sent it. Does it sound like anybody we know?

"Cycle babe wanted by SWM... Must be willing to sacrifice for a bike ride. She is employed, educated and substance free like me. Cycle babe should be attractive and 18-30. Race? I don't. Bike should be hybrid or mountain bike. Tall and Detroit are both pluses. Send letters with photo of bike."

G.Z.

Wonder who could have placed an ad like that?

Help Wanted

The Wolverines are looking for a drummer for their band. If you ride a bicycle and play drums contact Leonardo of the Wolverines.



Oscar Balmaceda 10/31, Mandy Brehler 10/16, Greg Brown 10/20, Donald Dahlke 10/2, Tom Ferra 10/20, Dan Feucht 10/12, Bob George 10/21, Rose Goebel 10/8, Howard Goldman 10/8, Bradley Goldman 10/15, Michael Korenchuk 10/29, Bob Kosen 10/9, Bob Latsko 10/29, Kathy LoPiccolo 10/2, James Lucchesi 10/5, Vanda Meriwether 10/7, Susan Moorman 10/29, Kristine Patterson 10/8, Tim Phillips 10/22, Janet Plzak 10/10, Grace Pytell 10/10, Ian Scott 10/5, Susan Smith 10/12, Audrey Sproul 10/22, John Tarantino 10/1, Janice Tuck 10/29, Joanne Zofchak 10/18.

Welcome New Members

Monica Cain; Thomas Harrison; Richard Moed Family; Steve Samolinski; Trevor Smith Family

DALMAC 95 by Ted Gondert

Wednesday 8:00 a.m.: Rick Moorman, Art Anderson, Bill Yobanski, Al Barton are on their bicycles in the parking lot of Jim Muir's Oldsmobile on 19 mile and Van Dyke as I ride up. It's the annual "Docksider" ride to Lansing for the start of the Dick Allen Lansing to MACKinaw bicycle ride. Rick has found a good route to Lansing a few years ago. Weather is warm and sunny as we head west on 19 mile a.k.a. Square Lake road. Ride along to Commerce road and stop at Burger King in Union Lake for breakfast. By noon we are in Howell for lunch with chicken dumpling soup at Cleary's Tavern on main street. Riding up Grand River the bumps are more noticeable as the old asphalt passes under our wheels. Ice cream stop in Williamson at Dairy Queen provides some relief before the final 15 miles into Lansing.

Art's bicycle has some creaking in the crankset so he and I decide to stop by the bicycle shop in East Lansing to have it fixed. We stop at Denny's Schwinn. They graciously allowed us to borrow some tools to remove the crank arm and tighten the left retaining cup for the Shimano sealed bottom bracket. Art gets his car that he left the day before in a MSU parking lot. After some hassle about the parking ticket that was supposed to be fixed, we drive over to the Gier community center, DALMAC registration and starting point.

Everybody gets their baggage out of Rick's car that Duane had driven up in the morning for the start of 5 day tour. We set up our tents, shower and relax for a while. Meet John Edry and Gary Haelewyn and are off to dinner. Emil's Italian restaurant has been the traditional restaurant for us on DALMAC. The Italian rice is very good along with the bread, etc. Drive back to Gier center camp, to listen to the softball game in the park. Hard to sleep with the lights going but finally shut off at 11:00 p.m. My makeshift pillow, stuffing my clothes into the tent stuff bag isn't very comfortable but I finally get some sleep.

Day 1, 6:30 a.m.: we get up to the sound of the DALMAC zipper symphony. Load our gear on the truck and get ready to ride. Regular 4 day route is only 75 miles today so there is no rush. Art a.k.a. "Fast Arty," Gary a.k.a. "Ino Myname," Rick, Ted, John, Bill ride together. It's 15 miles to Dewitt for breakfast. Rick leads the pack at 15-20 mph much of the time with stops at towns and taverns along the way. Some people like to 'win' DALMAC but it's a vacation, no reason to rush to camp in the early afternoon. Bicycling through small towns gives you a better look than just driving on the freeways. The wind picked up some in the afternoon so we practiced some echelon riding to break the wind. Stopped in Shepard, about 8 miles from Mt Pleasant CMU, our destination. The bar had free popcorn and they said good beer. Rode the last few miles to Central Michigan University athletic center to set up our camp. Five day people had been there the night before and the quint century riders left their tents up for the day to ride a century loop around Mt. Pleasant, then joined the quad century riders for the next three days. The showers are hot and dinner at the cafeteria in the dorms across the street was fair.

Day 2 up at 6:30 to start packing the tent. Walk over to breakfast and restrooms. After breakfast we put our baggage on the truck and ride out. Local can collectors make good money cleaning up after the DALMAC crowd moves on, leaving hundreds of deposit cans in the trash. Stopped for coffee at the bar in Beal City. Clouds were

thickening as we left. A few miles up the road a cold rain starts suddenly. Rick spots a building with a lean-to to get shelter under as we wait for the rain to stop. It starts to get crowded as more bicyclists stop also. Several minutes later the rain lets up and we start riding again. Overall the weather for the 4 day tour was very good this year, sunny and warm, not too hot at night, very little rain. When we arrive in Lake City we stop at the Willard House bar & hotel for an hour to relax, nothing to do at camp. Go swimming in the lake and then go to the high school to set up camp. Friday night must be the busiest day of the year for the school. The football team is practicing and uses the locker room. Then the band comes in and uses it, then there is the big game in town and after the game the football team comes back. Between the students and DALMAC that locker room was full all night. Stroll into town for goodies from the bakery and ice cream as we watch the sunset over the water.

Day 3: As the dawn sun shines on the tent city, the zipper symphony awakens the crowd. Breakfast is fair with cereal and paste/oatmeal, "scrambled eggs" (I think), orange juice, etc. Today we ride to Central Lake, past the top of Torch Lake. The DALMAC route is different and doesn't go to Elk Rapids so we detour some to get there. The park in Elk Rapids has been our traditional lunch picnic for several years and Rick doesn't want to miss it. The route we follow is the same as the other DALMAC riders from Cadillac are on so we aren't really off the route. Rick gets going on the rolling hills leading into Fife Lake for a quick coffee stop and into Elk Rapids. I was working hard to keep up as Rick rode at 20+ mph along that part with a tailwind.

Everybody gets into Elk Rapids and we buy food at the deli for the picnic. Water was cool so Rick just waded in a little. Very light rain fell some but it cleared up. Now it's only 15 miles to the Alden bar, (and ice-cream) the last stop before camp. Finally get back on the bicycles for the last 15 miles to camp. Take a detour to see Belair where some DALMAC riders are camping, then ride over to Central Lake. The showers are warm in Central Lake and food is excellent. Local people make desserts and hot dogs, hamburgers, corn, salad, etc., is the main course. Besides the crowd in the restrooms in the morning on DALMAC, it's always a wait to find a phone. People line up several deep waiting to use the phone in the school or in town. Usually the small towns only have a couple pay phones so you have to look for them and maybe you can use them before the crowd shows up.

Day 4: Today is 100 miles or so for everybody on the 4 day tour so we won't have as much time but decide to wait for 4:30 crossing. After 15 miles or so the town on East Jordan is ahead and you have to decide to ride the infamous "WALL" or the detour. I want to do the "WALL" again so go that way with Art Anderson. Rick takes the other route and says we will meet in Boyne City later. The Wall is a steep hill, about 17% or so depending on who measures it. Also have to climb some to get to it. This year was good with excellent new blacktop and not too many people 'tacking' or wobbling up and standing on the top blocking the path. I am in my lowest gear, 39/24 but with some grunting I make it up. Waited a minute for Art Anderson, turns out he took some pictures of riders approaching the wall. Then we ride the few miles to Boyne City. Just as we intersect the lake road that the detour was on, Rick Moorman comes along,

perfect timing! He tells us about the scenery along that route and the hills. Maybe next year I will try it.

After a brief rest-stop in Boyne City it's a climb out but the scenery is worth it. Makes you realize why people live up there. Walloon Lake is next town, with the hot "sticky buns" at the store. Then it's the "Seven Sisters" hills around the lake and heading to Petosky. After the first climb you can roll the others with just a little pedaling to make the top. Rick and the others got a head start in Walloon Lake so I never did see them until Harbor Springs.

Harbor Springs is a beautiful town on the lake Michigan shoreline. If you aren't rich don't ask what it costs to live there. Sunday of Labor day weekend is probably the busiest day of the year for them, with DALMAC riders and regular tourists all in town. The deli makes excellent sandwiches so everybody orders what they want and eat in a clearing behind a restaurant. Now comes the most scenic part of the ride - M119 "the tunnel of trees." It's narrow most of the way and trees form a canopy above your head for much of the 20 miles into Cross Village. Winding along a bluff looking out over Lake Michigan the road offers scenic views. About halfway to Crossvillage is the town of Goodhart with a store and restaurant. You see their signs for DALMAC a few miles before. The first one says "cookies" then further on "soup" then "soda", etc. Fortunately the locals have been able to keep the developers at bay another year. Developers want to clear those trees out of the roadway—need more clearance—and would put in subdivisions if they let them. That would be a great loss of one of the most scenic roads in Michigan (or other states too).

Stop in Cross Village by the "Legs Inn" for a while, Rick looks for Duane Nieman on the 5 day route but he isn't there. Five day route started in Petosky that morning so they didn't have very far to go. John, Rick, Art, Gary, Bill and Ted saddle up our bikes for the last 25 miles to Mackinaw City high school to get ready for the ride across the bridge. It turns out that we are on schedule to make the 3:00 p.m. crossing if we hurry but don't want to. Our pace line is rolling along with several other riders tagging along. Then "Fast Arty" gets to the front and speeds up to 20+ mph. We don't feel like following him but a tandem comes along and he jumps on the wheel. Our paceline rolls along at a moderate pace and I get in front and pull for a few miles with a tailwind at 20+ mph. Get to the corner about 5 miles from Mackinaw and Duane & Elizabeth are there. Store is closed, out of business but we stay around for a few minutes. Elizabeth says she saw Art go by several minutes earlier following a tandem.

Everybody rides the last few miles into Mackinaw City. We got there about 3:10 but didn't want to make first crossing anyway. Elizabeth is driving the van and has pop and snacks in the cooler as we wait in the shade under the pavilion at the high school. People start to line up for the 4:30 bridge crossing so we finally get in line and get our 1995 Big MAC banners for the DALMAC flags and start the ride across the bridge. This year's crossing was the best I remember with excellent weather and not too much stopping, even rode at 10 mph most of the time. Most year's, with people stopping at the expansion joints, the line would stop and go at 5 mph.

3:00 crossing people unloaded the baggage trucks so we find our baggage and set up camp. People who are bussing back to Lansing have to take the pedals off their bikes and turn the handlebars sideways to pack them on the truck by 9:00 p.m. Dinner is available at the school but most of us decide to go into town for

dinner. It's about a mile or so and Duane & Elizabeth load up their van with people going to town but I decide to walk. Met them at State Bar in St. Ignis before they got their order in. Since we are in the UP now I get a pasty. Dinner is good and I walk through town to see the sights and buy some fudge and ice cream. Fudge is available at the store back home but after going up there you have to get some. It's a busy place with everybody up there for the Bridge Walk on Labor Day. Every hotel is booked Sunday night, good thing we are camping at the high school. If you stay up there for Monday night, hotel rooms are easy to get.

DALMAC is a great tour when the weather is good, can be uncomfortable with bad weather but after it's all over you remember the good times, friends and scenery. Most of the locals are friendly to the DALMAC bicyclists and are very accommodating. Roads used are mostly low traffic or have wide shoulders on the few miles of highways we rode on.

Helmet Law

Jeff Scott brought an article from the Windsor Star newspaper, Tuesday, June 27 1995, from Ontario, Canada. It says that starting October 1, bicyclists are required to wear a helmet or face a fine of \$90. Other regulations in Windsor with \$90 fine include; no horn or bell on bike, riding double (two on a bicycle), failure to stop at stop sign. Fine of \$28 for: no light on bicycle, failure to ride single file, not riding on right side of road, carrying a package which prevents rider from keeping both hands on handlebar, making prohibited left or right turn, riding on sidewalk with wheels larger than 60cm (23.5 in), riding a tricycle on a street or highway. (what they would do to Kevin Degen?)

Price listed for helmets at Canadian Tire was \$14.99 to \$29.99, lights \$4.99 and up. (wonder what kind of helmets, most of us have helmets that cost more than \$29.99 Canadian)

On Internet USENET in "rec.bicycles.soc", debate about helmets has been going on for a long time. These new Canadian regulations may be too much. Ninety Dollars for not having a bell? And how many of us roll through stop signs? Does not riding double include tandems? We should prevent such over regulations from being passed here. Helmet use should be encouraged and you should stop for stop signs, but would you liked to be fined \$90 for these infractions? I don't think a car driver would pay that much!

Ted Gondert

Thank You

Steve and I would like to thank all of our friends for their kindnesses and concern after our bicycle accident. We really appreciated all the cards, visits, phone calls, and especially the goodies. It really helped to cheer us up. We also want to thank all those who offered to lend us their tandem while ours was in the shop. They sure were brave! A special thanks to Jerry and Sue for the use of a loaner bike now that we are able to ride again.

Your friends,

(Stiff and Sore) Morauski
Steve and Pennie

BWR Preride

Sept. 17 8:00 a.m.: The rain was cold in the morning at the St. Clair high school for the start of the 100 mile BWR preride. Eric Noyes was leading with stoker Mimi Gendreau, Bob Latsko and others. The 60 mile ride was scheduled to start at 10:30 a.m. so that we could meet the 100 mile riders at the first rest-stop where the routes come together. Dave Scott led the 60 mile preride and told us the pace would be between 10 to 30 mph (16.0934-48.2803 km/h). Bill Duemling with Doris Mulligan stoking, Dave Courter, a couple others and myself, Ted Gondert rode. Heading south on Whadams road the north wind blew us along at 20+ mph. Unfortunately the 100 mile route goes north so they had a headwind for many miles. Waited at the first rest-stop for 100 miler's. Then John Payne drove up, he was driving sag, and told us they were still up by Port Huron. Mounting our bikes we ride to Algonac for breakfast, maybe the 100 mile group will catch up. Got on the ferry to Walpole Island, CA and rode to Brander Park where the lunch stop will be. The extra loop in Canada was flat and windy. As we were riding up Kimball road somebody in an approaching van threw a water balloon at us. I didn't get out of the way in time. Bruised my arm were it was hit with a water balloon at 80 km per hour. I used a few expletives about the type of persons who do that. As we crossed back to Marine City the customs officer recognized me. He was a family acquaintance who stopped by for Peach Festival a few year ago in Romeo. John Payne drove up as we headed to St. Clair and told us the century riders had cut off the Canadian loop. They were finished already. The northern half was preridden by the century riders and we covered the southern part.

Armada Night Stalkers

Saturday, Aug 26 9:00 p.m.: After sunset they gather in the school parking lot in Armada. Two wheeled beasts with one or two bright eyes that light up. Dave Courter is leading a night ride in the Armada country side. Bill Duemling, Bruce, John Payne, John Edry and myself Ted Gondert are all there. We get a chance to test our headlights out. My single Vistalight 6 watt is outshined by some of the Night Rider dual headlights and others. I have a strobe and cuelight on the back. Bruce has a very bright taillight that he modified to be as bright as most bicycle headlights.

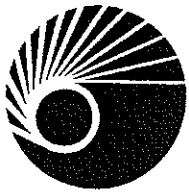
As we ride up the road we are certainly visible. A couple pickup truck drivers yelled as they passed on North Avenue, but that's what rednecks do. After Berville the traffic was very light. As we got to the corner of Berville Rd and Belle River Rd the HISS of a flat tire is heard. Bruce's tubular tire hit a stone and went flat. Whoever said that tubulars are fast to change must not do it with well glued tires. After finally removing the tire and gluing on another it was flat. But his next spare was OK. Mosquitoes were feasting on our blood until we got rolling again.

Rode through Memphis but nobody was hungry so we didn't stop. The pack split up some on the last few miles and I tried riding without lights. Surprisingly with some moonlight you can see the road but it's hard to make out potholes, etc. A little bit of light helps and more is better but it is exponential, takes a lot more light to make much difference. After everybody arrives back in Armada we thank Dave for the ride. Night riding can be done with the proper equipment but remember the drivers may not see you in the glare of car headlights and might be drunk so ride with caution.



Top club miles

Name	Club Miles
Rick Jones	3055
George Zoitro	2797
Steve Angst	2272
Julie Windhorst	2222
John Tarantino	1840
Marilyn Tarantino	1781
Gary Green	1633
Patrick Moorman	1616
Richard Dyer	1522
Sheila Jones	1516
Steve Morauski	1430
Dave Switney	1360
Debbie Angst	1359
Douglas MacDermaid	1335
Susan Moorman	1332
Jerry Bartels	1325
Art Meerhaeghe	1299
Gary Haelewyn	1266
Laurie Brickner	1249
Sharon Wiseman	1237
Darlene Duskey	1230
Eric Noyes	1215
Pennie Morauski	1205
Hank Thoenes	1199



Bicycle News from the ADVENTURE CYCLING ASSOCIATION

from the Buckeye Hosteler, newsletter of the HI-Columbus Council AYH

WHEELING SAFELY

By Ginnie Schafer

Did you know that....

- Lycra needs 24 hours after wash and dry to return to its original size.
- Avoid detergents and Woolite because chemical washing agents eat Lycra. Use a gentle soap.
- Softeners defeat all smart fibers that are breathable, wicking, and both heat retainers for winter and cool breathers for summer heat.
- Not eating complete proteins (meat, poultry, fish, eggs, cheese, and milk) or combined incomplete proteins (corn, soy, dried beans, and lentils PLUS rice, wheat, and nuts in the same day) may cause you to not heal well or fast from injuries, hair loss, nails breaking, premature graying, and your biological clock to quit. If you are a true non-meat eater it is recommended that you have a registered dietician balance your diet.
- Carbohydrates need proteins to be properly used by the body.
- If you always gain weight on a long bike ride (or certain times of the year) keep a faithful food diary including all liquids.
- Standing tall improves your self-image, aligns your body, and allows your breathing to empty your lungs more efficiently.
- T'chi and yoga not only exercise your body and mind but allow your mind and body to become one.
- Three balanced meals plus a snack every day, like Mom taught us, is the best way to put diet (not dieting) and exercise into a life perspective.
- If you think of foods as being part of a balanced diet you will improve your eating habits.
- If you find yourself mentally slipping you may be overtraining - your mind/body is taking timeouts.
- If you find yourself tense, angry, or depressed you can be overtraining as much as not getting enough exercise.
- For bad weather blues or extra long work days try a yoga video from the grocery store.
- When you are out of town and without exercise try a 20-minute

power walk before you go to bed.

- A silk undershirt or T-shirt is lightweight and doesn't take up much room but is an excellent body insulator (even under Coolmax) for a sudden cold day while summer touring- poly glove liners are also great.
- Guys: For a lightweight summer headband to protect ears from cold and wind, check the barrette and hair accessory display at a discount house.
- A thermos, canteen, gallon jug, or water bottle can be freshened and/or de-molded overnight with hottest tap water and one tablespoon to 1/4 cup powdered dishwashing detergent; to clean lids open spout and place in a jar with the same solution (weight the lids down with a fork).
- Wonder smart fabric shirts dry faster from rain than natural fibers which means you are less apt to become chilled and suffer from hypothermia.
- A telephone credit card means you can make an emergency call from any phone including a farm house.
- Drinking caffeine when you are tired from riding compounds your troubles because caffeine constricts the blood vessels, reducing blood flow- which often is what makes you cold or hot. ■

LETTER TO A BIKING FRIEND

Biking by the 10's

by Joe Cofer

Dear Paul,

As I was biking to the kitchen the other morning I was thinking of the many miles we have biked together. You've been a good biking partner and a great friend, I was wondering what it is that makes for compatible biking partners and friends. Here is a list that seems to have worked.

10 reasons why we've been good biking partners.

1. I like rotten bananas and you like

ripe ones. So one of us is happy with what we buy along the way.

2. I don't think you like to be defined and I know I don't.
3. You can lift my fully loaded bike over a fence and I can't.
4. I remember your birthday and your wife remembers mine.
5. I had forgotten about Michigan and you reintroduced me to it.
6. We both like to eat raw carrots straight out of the bag.
7. We bike along slowly, but we never miss dinner.
8. You brake for owls. I look for hawks.
9. We will 'pack it in' when cold, wet, tired or we encounter a 'blasting zone'.
10. I'm too friendly with strangers; you know when to back off.
11. I make lousy coffee, but you drink it.
12. Neither one of us is sarcastic, we just state our opinions.

13. I've told you the same stories at least 10 times and you have never reminded me of this fact and vice versa.

14. You can figure out how to split a campground fee when I have a \$5 bill and you have 3 ones. The fee is \$7 andwell, anyway, you never laugh at me.

15. You like to talk about your hometown and I like to hear about it and vice versa.

16. You make me a better person. I hope I do the same for you.

17. Our wives are both Welsh gals, so we have to behave ourselves.

Oops, I ran a little over. That's a good sign. I'll look forward to further trips to Michigan or wherever. Let me know when you want to leave. We'll leave from the kitchen. We'll eat bananas along the way. Hope we don't find any that are 'just right'. ■

ADVENTURE CYCLING
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