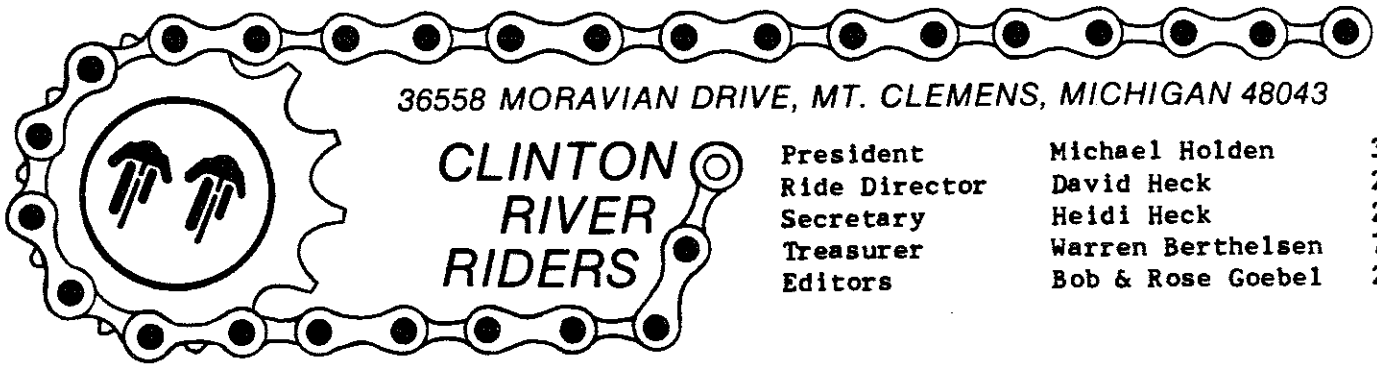


NOVEMBER 1988

11/15/88



NEXT MEETING - Monday December 5, 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; Deborah Capoferi, Rodger Pierce, Kathy Pfent, Larry Leksutin, Rod and Pat Kowalski, and David P. Shaw and family. We hope to see you on coming events and that you have many enjoyable rides with our club.

FROM THE DESK OF THE PRESIDENT

Road riding season is almost over, time to get out the mountain bike or dust off the rollers, or best of all check out the events such as wallyball or the new whirlyball! The club is going to have a try at something new! Whirlyball sounds (we haven't tried it yet - remember) like a combination of basketball, Jai-Alai, and dodgem cars. Please call the hot line 792-4670 for more details as they become available. Also in the works is bowling night - again check out the hot line.

Schnaubelts artist should have completed work on our new club jersey, by the time you read this. Prices will be announced at the December meeting at which time orders will be taken until the January meeting. Be sure to put a new club jersey on your Christmas list!

The 1989 elections are coming soon! Nominations will be in January, elections in February, and new office in March. The officers have a lot to do with what the Club does so decisions here are important. Think of who you would like to see in office or if you, yourself would like to be an officer, now is the time to act.

Finally I'd like everyone to think about this question:

What would you like to see the club do next year?

Let us know - it's your club, and the more you put into it, the more you will get out of it.

See you at the Christmas party.

Happy cycling.....

Mike

MEMBERSHIP FEES - Membership fees are due January 1, 1989.

Individual \$7.50 - Family membership \$10.00

Please send checks to: Clinton River Riders

36558 Moravian

Mt. Clemens, MI 48043

CHRISTMAS PARTY - Mark your calendars for Saturday December 10. Tina Dominick is this years chairperson for the annual Christmas party to be held at the Yarmouth Commons Club house. Club members are asked to bring a side dish. Call Tina (979-8666) by Nov. 30 to co-ordinate your side dish. Main course will be provided by the club. There will be a form in back of this newsletter to fill out for parents of children under 12, who will be attending.

Also anyone having pictures of the 1988 cycling season, please bring them to the Christmas Party.

CLUB JACKETS - Due to the busy holiday season, there is a possibility that the club jackets will not be ready before Christmas. Denise Cryderman talked to the seamstress who does the embroidery and she will try to squeeze them in if at all possible.

MAKE A WISH FOUNDATION - The National Bicycle Dealers Association (NBDA) is sponsoring a "Exercise-Thon" to raise money for the Make a Wish Foundation. The Foundation's main purpose is to raise money and provide terminally ill children with their one grand wish. The Pavlats are supporting this event at their store from Dec 5-11. If you are interested in exercising your body, plus helping a good cause, go to Pavlats, pick up a form, obtain sponsors, bring your bike to the store along with your cycle computer between Dec. 5-11. The Pavlat's will certify your pledge cards and donation receipts will be given.

WALLYBALL

Wallyball will be on Nov. 19 and Dec. 3 at 6:00 p.m. at the Gateway Racquet Club located on Van Dyke north of 14 Mile Rd. (near the Premier Center). The cost of the court is \$20.00 per hr. divided by the number of people playing. Afterwards join the group for a bite to eat. Anyone wishing more information call Warren Berthelsen, 781-6706.

CLUB RIDE SCHEDULE

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

Friday November 25 - Mountain Bike Ride (MBR) - Meet Andy Neumann at the West Branch parking lot in Stony Creek at 9:00 a.m.

Sunday November 27 - (MBR) - Meet Andy at Yates Cider Mill, located on Dequindre and 23 Mile Rd. at 9:00 a.m.

Sunday December 4 - (MBR) - Meet Andy in the beach parking lot in Pontiac Lake Rec. Area at 9:00 a.m.

Sunday December 11 - (MBR) - Meet Ted Gondert in the bank parking lot at 32 Mile Rd. and Rochester Rd. at 9:00 for a ride to Addison Oaks.

CLUB RIDE SIGN UP SHEETS - Ride leaders that still have sign up sheets, please turn them in to David Heck so credit can be given to the riders for their 1988 milage.

Off Road Race - Muskegon Off Road Race - Sunday November 20
Either for licence USCF or Non-licence. Citizens race starts at 9:30 a.m. Information at Pavlat's.

Race to the Summit and the Vertical Mile Marathon - January 21-22
- Sponsored by the Westin Hotel and the American Heart Assoc. of Michigan. The course is 72 floors up, 1152 steps. The vertical mile consist of running 566 floors. You do get to take the elevator down.
Top finishers of this competition qualify for the Empire State Building Run . Application are at Pavlat's. Deadline is Dec. 16.

Also on January 21 at the Westin Hotel, there will be a sports "Mentally Tough" seminar.

CLUB RAMBLING'S

We have not received a letter from Duane and Elizabeth Nieman this month but understand that they have been in Hawaii and are on their way to Australia. They plan to meet with Sandra Studebaker in Australia for the Bike Centennial this month.

Thank you to Bill Cleland for donating 2 books to the Clubs library. John Marino's Bicycling Book - The latest information on purchasing, maintaining, riding, and repairing your bike. Also Greg LeMond's - complete book of bicycling.

At the November meeting Jeff Robinson brought in a very interesting ride packet from the Raleigh Banana Manchester to Blackpool Bike Ride in England on August 21, 1988. Quoted from the ride packet. "The riders at the front are the least important - they are generally established club cyclists, know the way and are just trying to get there as fast as possible. Its the people after the first 300 who are the most important."

A tentative event at a club meeting may be a class on how to fix a flat and a tire changing contest.

Congratulations to Sandra Studebaker for completing this years Free Press Marathon.

FOR SALE - Woodrup Touring Frame with Campi headset.
Size: 24" Color: Silver
New condition - rode 5 miles - Asking \$250.
Call Dave Beauchemin - 293-3594

WANTED - Bugger. Please call Beth McWatters 286-0527

EFFECTIVE TIME TRIALS - PART I

Winter Training

by Ed Gostin

Often the individual time trial is called the "Race of Truth". Luck and Tactics play a much smaller role than in other types of racing. You can't miss or be out-sprinted by someone who sat on a wheel the whole race. Your performance is up to you.

This series of articles is designed to help the tourist who rides club time trials. The series is in four parts: Winter Training, Specialized training, race techniques, and equipment. The winter and specialized training sections will give you race proven techniques to help you improve your performance. The race techniques section will help you do your best in the race. Finally, the equipment section will give you a look at the equipment used by top level racers.

As you read the first two sections, keep in mind several things. First of all, I will not give specific mileage or speeds because each of you are at a different level of ability and will require different level of training to produce the best results. Second, you don't need a lot of 100 milers under your belt in order to perform well in a 12 mile time trial. In fact too many long rides can have a detrimental effect. The emphasis should be on the intensity and frequency at your rides and not so much on the distance. Third, use the training regimen below as a starting point to develop your own schedule. Each person is different and will respond differently to the training. What is right is what works best for you. Finally, the schedule below is intended for riders who compete in club time trials of up to 25 miles, and will also be beneficial to the casual racer. The serious racer, however, will need a more comprehensive program.

Winter is the time for body conditioning. The emphasis is to be on maintaining aerobic fitness and leg strength. Exercises to strengthen the muscles not normally used in cycling should be included. Indoor workouts may include stretching, weight lifting, basketball, volleyball, aerobic dancing, swimming, gymnastics, and of course indoor cycling. If weather permits outdoor activities, running, skiing, mountain biking, cyclocrosss biking, and road bike riding can be included. Here I will discuss the cycling workouts.

For indoor cycling you must have either rollers or a trainer. The trainers are preferable to free-running rollers because the load more closely duplicates road riding. Rollers can help you learn to ride a straight line and feel a little more natural since the bike can move around. A good compromise is to have rollers with a loading device, or to have both rollers and a trainer. You should also have a watch and a bicycle computer with a cadence function. A metronome with an earphone can be used instead of the computer. Also helpful is a large window fan. Place it on a table directly in front if you when riding to help keep you cool.

You should ride the trainer four times a week if weather prevents outdoor riding. Two workouts should be a steady ride of 1 to 2 hours. Pedal at a minimum of 90 RPM and at the same effort as you would ride on the road. Listen to music or watch TV to combat boredom. These workouts should be the first and third of the week, e.g. Monday and Thursday. The second and fourth

workouts, e.g. Wednesday and Saturday, will be intervals. Don't bother with the TV or music, you will need concentration. Start by spinning for 10-15 minutes to warm up. Shift to a larger gear and pedal 90 RPM for 3 minutes. Shift up to the next larger cog and maintain 90 RPM for 3 minutes, then shift up to the next larger cog, and maintain 90 RPM for 3 minutes. Alternately, if your cyclocross trainer has adjustable load, you can keep the bike in one gear and set the load up one notch every three minutes. After the 3rd position, stop and take your pulse. Ideally it will be about 170. If it is lower than 160, use higher gears or more load, if it is over 180, use lower gears or less load. Now pedal about 90 in low gear for about 10-15 minutes, then repeat the set. This time the pulse should be around 180. Now spin easily in a low gear for about 10-15 minutes for cool-down. It may take several workouts to find the right combination of gears and for loads.

A Word about pulse rates: The rates quoted are about average for a 25 year old who is fit and a good bike rider already. Pulse rates can vary quite a bit from person to person. If you are older or not used to hard exercise, you should probably set your target lower, say 150. The workouts should make you breath too hard to talk, but you should but not be out of breath.

Freewheeling rollers can be used for these workouts, but will not be as effective due to lack of load. You will need to use larger gears and higher cadences. Rollers can be used to help your spin. First warm up for 10-15 minutes then do 10 minutes in a high gear with about 5 jumps of 10-20 seconds each to maximum RPM. I have been able to hit 37.5 mph on the speedometer in a 48x15 which translates to about 150 RPM. This exercise helps you smooth out your pedal stroke and fine tunes your ability to hold a straight line at high pedal speeds.

Whenever weather permits, substitute an outdoor ride for the indoor training. In place of the steady ride indoors, go out and spin at least 90 RPM at a moderate pace. In flat terrain use a fixed gear if you have one. The fixed gear will help you develop a round pedal stroke and also helps keep you warm because the legs are always moving. Instead of the trainer intervals, go out on the mountain bike (or cyclocross bike) and ride on the trails. Look for a course that is difficult for you, one with numerous hills. Hard climbing will help you develop power. As winter gives way to spring, the outdoor rides will become more and more frequent.

Next Month: Specialized Training

MOUNTAIN BIKE RIDE
by Ted Gondert

It was a dark and stormy morning, November 6, 1988 as three intrepid cyclist set out to conquer the Paint Creek Trail. The white TREK 8000 and the camouflage TREK 8000XT and the black TREK 850 were carefully inspected before the rigorous journey ahead. "Camouflage" led the way on the tortuous trail of death above the raging river. Wishing to be a live coward rather than a dead hero, I walked the narrow ledges on the cliff high above the rampaging river. The camouflage rider led the way into the dense jungle looking for the trail to the lost city of Rochester. We didn't find it until after back-tracking. Locating a native hut and donut shop we warmed up, and the rider of the white Trek 8000, who hasn't ridden it since it threw him last year, decided to turn back. The remaining riders wished him luck and decided to forge ahead. With the camouflage TREK leading the way through the mud slides and the leaves and rain through Dinosaur park. The camouflage rider decided to suddenly inspect the ground very closely a few times by leaping off his bike. Riding on a flat section of trail we saw bumps ahead and decided to go around them. Two miles and two muddy hills later we got back on the trail a good 150 feet past those bumps we saw. Good thing we took the short cut. As the blizzard hit we headed back and the rider of the black TREK decided to wash up in a puddle on the trail. Finely arriving back at the Roberts school the bikes were loaded in the cars and we went home.

Dorias Velodrome
by Mike Holden

On Oct. 16, the Dorias Velodrome was host to the Clinton River Riders. Ride leader Ed Gostin led his eight riders and two spectators to an understanding of the finer points of riding a velodrome - "turn left, don't coast, and don't look back, they may be gaining on you!". After getting everyone going in the same direction (counter clockwise for those who wish to know the highly technical details). Ed decided to run some 200 meter sprints; the times are listed below. It was interesting to note that only Ted Gondert and Kristin Berthelsen improved on their first attempt and that Ed Gostin was a model of consistency, for the others - maybe practice doesn't make perfect.

	1st Run	2nd Run
William Guilbert	14:05	14:15
Ted Gondert	14:84	14:68
Bob Crowley	15:15	15:79
Eric Berthelsen	15:37	15:69
John Edry	14:90	15:59
Kristin Berthelsen	18:52	18:29
Patty Gaskell	17:54	17:55
Ed Gostin	14:76	14:76

ANNUAL CHRISTMAS PARTY

Date: Saturday, December 10, 1988

Place: Yarmouth Commons Club House
38525 Capetown Ct.
Mt. Clemens, 48044

Time: 6:00 p.m. to 12:00

Who: Members and their family

What to Bring:
Club members are asked to bring
a side dish. The club will provide
the main course, beer, and soft drinks.

DEADLINE: Wednesday November 30, 1988

Club members are asked to call our chairperson, Tina Dominick (979-8666), for this years party, to inform her of how many will be attending and what side dish you will be bringing, so she can coordinate the menu.

Parents attending with children under 12, please mail the form below by Monday, November 28. Thank you for your cooperation.

Parents Name _____ Phone No. _____

Children's names, 12 or under who will be attending Christmas party.

Name: _____

Name _____

Age: _____

Age _____

Interest: _____

Interest _____

Mail to : Santa's Helper
31529 Reid
Warren, MI 48092

