

November 1989

11/17/89



Next Meeting - Monday, December 4, 7:00 p.m. at the Mt. Clemens Community Center located at 300 Groesbeck Highway and Lafayette.

From the desk of the President

Hello Again -

As this season winds down, it's time to take stock in the year and thank those involved.

Again this year, the club membership has almost doubled. More importantly, attendance at rides has doubled. In response, new weekly rides have appeared. The Tuesday fast ride, the Thursday moderate pace, and the Thursday training ride are a result of the increasing demands of riders and Gary Haelewyn, John Edry, and David Heck who volunteered as ride leaders. Thanks also to our regular weekly ride leaders: Warren Berthelsen, Ron Skiba, Mike Boden, and Larry Robb. Your dedication and commitment provide a base for our season.

Thanks to the board members.

Warren - for keeping the books straight

Karen - for taking notes, writing letters, and making meetings sound more coherent than they really are.

David - for filling the calender and keeping us up-to-date with the hotline.

John - for printing, collating, mailing and often writing the newsletter and getting it out on time.

Thank you to all the volunteers who made the Blue Water Ramble possible. Bill & John - co-chairmen, Denyse, Bob, John, Rick, David, and Sue - committee chairpeople and the almost 100%(!) volunteers. This is what makes the club possible - participation and volunteerism.

On a more serious note, elections are upcoming. Nominations will be in December and January. The leadership and direction of the club are to be decided.

Personally, there are only six more months to the Assault on Mt. Mitchell. This is my goal for 1990. John Rabaut and Lynn Boden are also planning for this event. If you are interested in joining us or working as crew for this event, let me know.

See you at the Christmas dinner,

Happy Cycling,
Mike

Christmas Party - There has been a change in the cost of the Christmas party. At the November meeting, club members voted that admission should be free of charge for all club members and non members who worked the BWR. Anyone who is not a club member, will pay \$13.00.

Club Awards - The awards committee needs your help. If you have an idea for an award, or you know someone who deserves an award, please call Mike Holden, Sue Pavlat, or Doris Mulligan.

Club Elections - Nominations for club officers will be taken at the December and January meetings. The members of the election committee are Bill Cleland and Kathy Pfent.



Club event Schedule

Please call the hotline (792-4670) for any last minute changes, deletion, or additions

Friday, Nov. 24 - Southeastern Michigan Mountain Bike Rally "Unofficial"
Meet at the West Branch Picnic Area of Stony Creek Metro Park at 10:00 a.m.. The distance and pace are unknown.

Saturday, Nov. 25 - Clinton River Rider Raquetball - 6:00 - 7:30 p.m. at Gateway Raquet Club located on Vandyke between 14 & 15 Mile Rd.

~~Saturday~~ ^{SUNDAY} **Dec. 3** - The Clinton River Rider Christmas Party. 6:00 p.m. at the Barton House on Harper at 12 Mile Rd. A buffet will be available for your dining pleasure as well as plenty of beer, wine and soft drinks. Be There! If you have any pictures of the year, bring them! I have it from a reliable source that Santa will be making a special guest appearance before he jets off to do "The Love Boat" Christmas special.

On the Road with Duane & E.A.

Dear Cycling Friends,

If ever there was a place meant for cycling, I think it is New Zealand. It is beautiful here. It's hard to believe we have been here for five weeks. We got off to a slow start, and it took us three days to find maps, assemble bicycles, and plan a route. We also spent a little time seeing Auckland. It is supposed to be the largest city in the world in land mass. The bike stores are great - much better than in Australia. They are set up more for touring here.

Our first day of riding got us out of the city and into the town of Whitford. It only had a store and a restaurant. We were invited to stay at

a dairy farm. It was so much fun, we stayed there an extra two days. I learned how to use a milking machine and how to feed calves. The cows look a bit scary when you're at eye level with their bellys. Later, I found out they were just as afraid of me.

The calves were a different story. They get fed out of a big bucket with twelve nipples around it. Consequently, they will suck on anything. I had to jump the fence just to get away from them. Duane had more fun watching me than pitching in to help.

Besides the dairy cattle, there was also beef cattle, sheep, and pigs. The cattle and sheep are sold at market, but the pigs are sold to the general public - mostly islanders (Mooris, Fijians, Samoans, etc.). People can drive in, select a pig, and take it home with them. The farmers will kill the pigs for them, but they're on their own from there. Business is very good as pig roasts are very popular. They are called Hangis, and the food is cooked in the ground over hot rocks. The pigs are big enough to sell at ten weeks, but they don't feed alot of people at that size. It was great fun on the farm, but we had to move on. There was still so much more to see.

The North Island is best known for its geothermal activity. It is one of only three places in the world that has geysers. The other two are Yellowstone Park and Iceland. Having seen Yellowstone already, it wasn't the geysers that fascinated us the most. It was the whole town of Rotorua that got us. It is the center of the thermal activity and smells like sulphur most of the time. The steam holes are everywhere including all parks and golf courses. Most steam vents have a sign warning of the dangers of getting too close, but the constant cloud of steam and the smell kept us at a safe distance.

Until recently, many of the homes on town were heated by steam. That practice ended after the big geyser lost some of its power. The water and the mud are still used for therapeutic purposes, but now they use gas to heat the hot tubs. Many of the caravan parks all over the North offer hot pools for the weary travelers. Some even offer them in choices of temperatures. My favorite is about 32 degrees celcius. It's not so cold that you must move around to stay warm, but it's not so hot that you must get out in a half an hour. After riding all day, I find if I soak for an hour and give my legs a quick rub, it's just right to get me in shape for the next day.

There is also an old Moori village in Rotorua called Whakarewarewa. Part of the village is set up for tourists and houses the Arts Centers and school where they still teach wood carving and weaving. There was no written Moori language, and the stories were passed on in carved panels.

Our tour guide for the day was great, and, after she explained some of the stories and the different carving techniques of the seven Moori tribes, she took us to the part of the village where they still live. At first glance, the houses don't look any different. They are brightly pointed but nicely

done. The big difference here is that they use steam vents to cook (about 98 degrees C.) and bathing is communal. The pools are filled with hot water early enough to cool down by evening, and there is always someone there to wash your back. That's one way to meet your neighbors.

It's spring here now, and everything is in bloom. The flowers are fantastic even along the side of the road. The gardens are beautiful, and we had forgotten how nice the smell of fresh cut grass is. The terrain is fairly hilly, and we have already hit 40+ mph on a few downhill. Fortunately, the uphill haven't been too bad yet. We are never out of sight of a mountain, but we haven't climbed any passes. They call the small passes "saddles." It's just a fancy term for a hill. We will be climbing a saddle 600 meters high in two days if the rain stops. It will be the tallest yet, but they are well graded.

When we aren't climbing hills, Duane is talking to all the animals we meet. The cows don't think much of us here, but they were afraid of us in Australia. The little lambs run off to hide behind mom when we ride by. They are really cute when they're small and their legs are really fluffy. They look like they are wearing leggings. The turkeys are the most fun. They never let Duane have the last word.

We finally arrived in Wellington. It is a beautiful town, and they are in the process of updating it. Many of the old buildings are gone, but they have saved some of the more unique ones. The houses are built on all the hills that surround the bay, and the overall effect is very nice, but I'd hate to ride up some of those driveways every night. We spent three days in Wellington waiting for a ferry strike to end. We are now on the South Island, but we'll tell you about that in the next letter. Take care.

Safe Cycling,
Duane & Elizabeth

Editor's Note: Anyone wishing to write Duane and Elizabeth can address letters to: Duane & E.A.

c/o Christine Bell
7120 Trent Street
Island Bay, Wellington, New Zealand

1st Annual Tour of Imley City - November 5, 1989 by Mike Boden

To volunteer to lead a ride is difficult. When? Where to start? Where to go? Where to stop? How long? How fast? To suffer the abuse of the malcontents, is it worth the trouble? I feel like Zsa Zsa Gabor's next husband, I know what to do, but I don't know how to make it interesting. Oh hell! Just do it!

October 2, 1989 club meeting. Okay, I'll lead a ride November 5, sixty to seventy miles, 6:30a.m. at Romeo High School, hilly 15-17 mph. Whew,

details! Decisions! No problem, November is a long way off. November 2, - My how time flies. Where are those maps?

November 5, 1989 - 8:15 a.m., Romeo High School. Where is everyone? 36 degrees and windy. Who would want to ride on a day like this? Andy and Claudia arrive and ask where everyone is. Here comes Teddy and Oscar. Looks like the peloton is here. Twenty mph winds from the south. Great, we are headed north. Maybe the wind will subside for our return. Who cares, let's enjoy the tail wind. Through Lakeville, one of my favorite places. Over hill, over dale, through Leonard to Imlay City for breakfast. Then, a little farther north before turning into a character building headwind. Twenty five miles on rolling to hilly roads. Late fall in Michigan, beautiful homes, woods, and flowers. We head back through Lakeville and back to Romeo High School. Fifty eight miles. Another great ride with great people. THANKS!!

The Apple Cider Century by David Switney

Not 5000! Not 6000!! But 7000 riders!!! All were lining up for potatoe soup, apples, cider, nut mix, and store bought cookies at the 25 mile rest stop.

The start temp 42 . . . End Temp 66 . . . 3-5 mph winds . . . Sunny.

So, how do you ride with 7000 cyclists on a course. One, ride the century and leave at daybreak. Two, ride the fifty mile route and leave at daybreak. Three, ride the twenty-five mile route and leave at daybreak. Or, choose any ride, leave at any time, enjoy it, and don't expect to do it quickly.

The Apple Cider Century offers great scenery and is especially beautiful as you pedal into New Buffalo and catch the glimmer of Lake Michigan with its many cottages along Lakeshore Drive. The air always feels clean and refreshing as the first hint of fall seems to be settling in. Road conditions are very good with very little traffic. The first 25 miles varied from flats to moderate hills, and the last 25 miles were mostly flat. Major traffic crossing points are manned with crossing guards. The ride is well organized, and you even meet up with the sags. This is another family ride where many riders are doing their first organized tour. About 75% of the riders were from the Chicago area.

Of course, you can skip the rest stop treats and watch the parade of people making their way to them. Not only do you see a lot of clean machines but, also, the bikes of yesteryear. Do they still make three speeds with fenders and fuzzy seats? You betcha! You also have to catch the fall fashion of cloths from sweatshirt dresses to high-tech Gortex.

You can afford to skip the rest stops because you get a great lunch of salad, spaghetti, and apple pie. If you come to this ride, make sure you do the century before they serve lunch. The half way point of the century brings you back to your car and with lunch and a long drive back to Detroit - well, that was my excuse for doing the fifty.

At lunch, make sure you converse with someone outside of your group, if you haven't done so on the road already. Across from us, was a father and son who had only made it 9 miles out before the son had gone over the handlebars and ended up with a possibly fractured wrist. The real story, however, was the father who is recovering from a triple bypass from a year ago. He is 36 years old and wanted to do the fifty. Unfortunately, his goal was cut short.

Hawk Watch Ride by Dave Switney

The Hawk Watch Ride begins in the Hudson Provincial Park located 5 (clicks) outside of Amherstburg, Ontario. The Hawk Watch is the viewing of the hawks making preparations for their migration across Lake Erie.

The bike tour is combined with the Labrador retrieving and chainsaw sculpturing events. The events continue throughout the weekend with a nature discussion on Saturday evening,

The temperature was in the 60's with a light drizzle and a slight wind. Approximately 16 riders, with two late arrivers on collapsable bikes started out on the ride. We knew these two were out to enjoy the sights as the group had spread out even before we were out of the park.

After 13 miles, the rest stop at the Historical Park on the shores of Lake Erie was a welcome sight as the rain had become heavier. However, the stop also proved to be a little chilling. Three of us decided to ride the 40 miler. The rest of the group would return to the park. The 40 mile ride took us into Kingsville which would have been scenic, but, because of the rain, we decided to forgo the sights and continue on back. The rain picked up at times, and then it became a heavy drizzle. We also encountered the late arrivers on our return trip and joked about whether or not they had left us any lunch.

After putting on dry clothes, we settled into a lunch of hot sausage, potatoe salad, and lasagna. The event organizer joined us and expressed hope for better weather for the next day's pancake breakfast - after which the roof on the shelter began to leak due to the increased rain. A park truck was dispatched to look for the two still out on the road. After promising that we would be back next year to really see the hawks, we returned to the states.

If you've never ridden with Canadians, you'll be in for a real treat. They are very excited about cycling and excting to ride with. The group also does a mass start which allows you to find a cycling buddy if you want.

Club Ramblings

Doris Mulligan will be riding across the country next summer to raise money for The Children's Home of Detroit and the L.A.W. legal fund. She will begin May 12 in L.A. and finish in Boston on June 27. Over the seven weeks, she will travel 3300 miles through thirteen states. She needs to

raise a minimum of 5,000 dollars. If you know of anyone who would like to donate money for the cause, the help would be appreciated greatly.

Bob Kosen and Denyse Cryderman ran their first full marathon in Columbus, Ohio. To prepare for this event, they both ran a warm-up 20 miles in the Free Press Marathon. In Columbus, the two finished together while holding hands. Their time was 3 hours, 57 minutes, 56 seconds.

Who needs a bike? On November 12, David Heck completed a metric century. Big deal you say. Well, this metric century was done on roller blades. His time was 4 hours, 55 minutes, 59 seconds.

For sale: Two medium club jackets - never worn. \$26.00 apiece or will trade for a new small. For more info, please call Judy VanScott at 268-4029 or Debbie Capoferi at 573-8089

RAT Was The PITS

*Tom Ferstle, LAW Area Representative
League of Michigan Bicyclists Director*

Summer 1989 - UP NORTH - Cherry Capitol Cycling Club
Country - Ride Around Torch (RAT)

Just another metric century. Up at dawn. Find a local restaurant near the start point. Pancakes to round out my total fitness preparation. Now off to registration. What's this? The school parking lot is full of vehicles, bike owner types with racks and bumper stickers. All these cars and people, 500 or so ... and we're talking Elk Rapids, Michigan NOT Metro Detroit!

FOOD FOR THOUGHT

As a rookie RAT I soon discovered why this little tour has exploded into such a northern gem:

1. I didn't get lost.
2. The food was great - generous variety at stops with complete lunch at the end. (Note: any successful tour must meet the primary demands of good road markings and great eats that will remain in our thoughts until next year's registration.)

But that's not all - great road surface, mostly low-trafficked roads, beautiful scenery, gorgeous homes and, of course, wonderful Torch Lake (once rated the 2nd most beautiful lake in the world by National Geographic.)

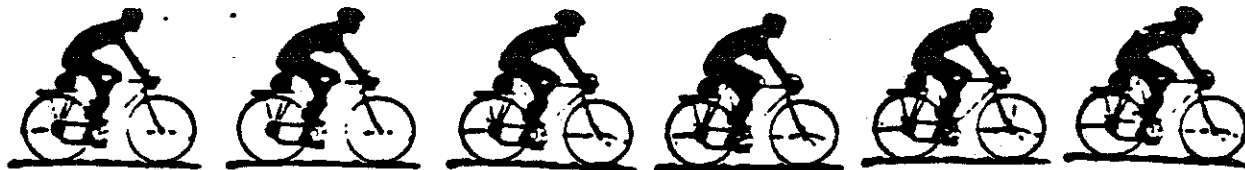
TRULY THE PITS

Now if that's not enough, picture in your mind big, juicy, sweet black cherries - this is what did it for me and may become part of my future riding technique. Try this next year at RAT:

1. Get in the food line at the rest stop.
2. Locate 1 small paper cup.
3. Fill cup with black cherries.
4. Insert cup in back jersey pocket.
5. When on the road, reach back and have a cherry, enjoy.
6. Chew on the pit, enjoy.
7. Then, when ready, reach for another.
8. Spit out the old pit just before you insert the new cherry, enjoy.

...You too will find that RAT was the pits (some say they do this in Peru with avocados.)

p.s. I've never experienced a better "day ride" in 22 years of touring!



CLUB RENEWAL NOTICE

1990 club dues are due January 1, 1990! In order to validate our records, please fill out and return the following form with your membership dues.

Make checks payable to: **Clinton River Riders**
Return to: Clinton River Riders
36558 Moravian
Mt. Clemens, MI 48043

Note: We are asking for member's birthdays. This information will only be used for social purposes to acknowledge people's birthdays in the newsletter (don't worry, birth year will not be given).

**CLINTON RIVER RIDER
MEMBERSHIP RENEWAL FORM**

Mailing Name (first and last): _____

Address:

Street: _____

City: _____ State: _____ Zip: _____

Home Phone Number: () _____

If you do not want your phone number published in the club roster, please check here ____.

Type of Membership: ___ Individual (\$7.50) ___ Family (\$10.00)

MEMBER NAMES

(first and last)

BIRTHDAY

(month & day; year is optional)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
