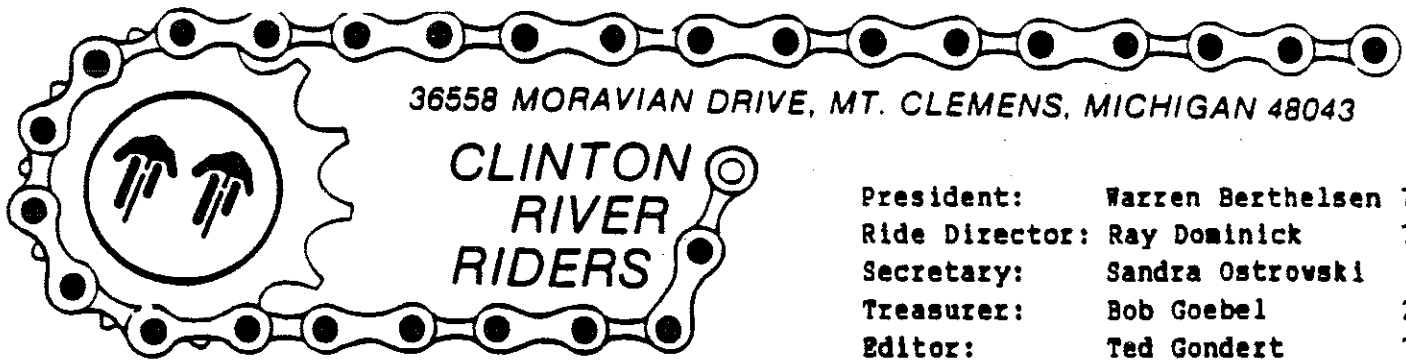


November 1990



President:	Warren Berthelsen	781-6706
Ride Director:	Ray Dominick	776-2793
Secretary:	Sandra Ostrowski	362-1156
Treasurer:	Bob Goebel	286-0384
Editor:	Ted Gondert	752-9466
Hotline:		792-4670

Next Meeting: Monday, Dec. 3, 7:00 p.m. at the Mt. Clemens Community Center, 300 Groesbeck at Lafayette.

New Members: The club would like to welcome the following new members: Bill & Connie Clark and fam., Blake & Susan Bennett and fam., David & Susan Burke, Rich Reidy, Larry & Ethel Gavel and fam., Jean Propes, John & Elaine Novak and fam., Mike & Diane Van Tien and fam., and Joyce Blazejewski, M.D. We hope to see you at upcoming events this year and next.

BWR: Please send any advice or suggestions to Andy Neumann, in writing so that we can improve the BWR next year.

Christmas Party: Send in your registration and \$5.00 to: Elizabeth Nieman, 11902 Fountain Veiv Blvd. 48065 by Nov 22. The money will be refunded at the door, Starlite Hall, 150 N Groesbeck in Mt. Clemens, Saturday December 15 7:00-12:00 pm.

Awards: The participation awards and the humorous awards are passed out at the Christmas party. If you can recall any funny anecdotes from rides this year contact Sue Pavlat at the shop so that they can be awarded at the party. Also bring any photos of club activities and rides to the Christmas party.

Bicycle Trails: Romeo, Washington and Bruce Twp. are planning for bike-hike trails to be developed in the area. The next meeting is on Thursday, Nov. 29, 7:30 p.m. at the Croswell Community Center in Romeo. Stop by to give your input on the development and/or designating bicycle and pedestrian paths. Contact the Parks and Recreation Dept. for more info. 752-6543

Thank You: The Clinton River Riders received thank you letters from; Turning Point and Salvation Army for the doughnuts and cider donated after the Blue Water Ramble. Also from the Flying Rhinos for the donation of the "primes" at the velodrome races and for the Clinton River Riders cheering section.

Wally Ball: Saturday, Nov. 17, 6:00-7:30 p.m. at the Gate Way Racquet Club located on Van Dyke and 1 1/2 mile behind the Premier Center. Contact Warren Berthelsen for court reservations. The cost is \$24 per court divided by the number of players.

Hot Line: Due to the Hot-line occasionally not working due to the tape being full, the club will purchase a "heavy duty" announce only machine.



Ride Schedule: Call the Hot-Line at 792-4670 for latest information. Due to the unpredictable weather call the hot-line or the ride leader to check. Call Ray Dominick to schedule a ride.

Sunday, November 11 8:30 a.m.: Meet Doug MacDermaid at Stoney Creek boat launch for a 16 Mph 40 mile ride to Armada for breakfast.

Sunday, November 25 7:30 a.m.: Meet John Edry at Romeo High School for a mountain bike ride to Dryden VFW for pancake breakfast, paved roads are optional.

Ride Schedule Recuring Rides:

Saturday, 9:30 a.m.: Meet at the Lakeshore Mall Parking Lot (Jefferson & Marter) for a 25 mile 16 Mph ride thru Grosse Pointe with breakfast afterward.




Since I didn't put the September birthdays in the newsletter here they are belated. In September: (date) Mary Nolan (02) John Rabaut (04) Maria Robinson (05) Paul Patterson (06) Glen Nyberg (06) Bob Crowley (07) Randy Hotton (08) Lorraine Wright (10) Graciela Balmaceda (11) Kathleen Best (11) Carole Lucchesi (12) Melissa Connor (16) Sara Marie Heck (16/90) Karen Mousseau (16) Vincent Audet (17) Emily Wright (17) John Payne (18) Sue Pavlat (19) Erika Audet (20) Racar Franczak (22) Carol Wilke (22) Doug Thoenes (23) Sandy Connor (25) John Edry (25) Brian Krantz (26) Mike W. Van Tiem (28) Jeanette Gentilia (30) Melissa

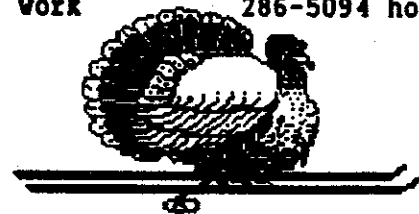
Patterson (30) Ron Skiba (30)
In November (date): Elizabeth Nieman (07) Geraldine Gallagher (09) Al Barton (12) Gary Haelewyn (12) Jason Haelewyn (14) Sean Gavel (15) Charles Freeman (17) John Gentilia Sr (18) Jean Novak (18) Jeff Pearson (18) Bob Goebel (20) Larry Goike (23) David Beauchimin (23) Tina Dominick (23) Ethel Gavel (24) Tom Graham (24) Vicki Malloch (25) Heather Rock II (29) Larry Gavel (30)

In December (date): Rebecca Barton (05) Jane Queen (07) Patrick Moorman (07) Sharon Wiseman (08) Judy Breckridge (08) Kathy Best (12) Joe Gentilia (13) Jeanette Mercieca (17) Nate Fitzpatrick (18) Marge Skiba (19) Katie Carolan (21) Tim Woodby (21) Jean Patterson (24) Mellissa Heck (25/88) Stephen Angst (26) Walt Hoeckl (27) Marty Klein (27) Kristen Smith (28)

For Sale: Specialized "Sirrus" '88 green/white 56 cm \$350 call Dave Shaw 759-3353

Club Rambling: On May 12, Hank & Nancy Thoenes had a 9lb 9oz baby girl named Kathryn Ann. 

Skiing: There is still a couple of spots open for skiers at Sue St Marie Canada, Water Tower Inn. January 18-20 Stokely and Hiavatha for downhill, Searchmont for cross country. Cost is \$90.00 ea. for quad occupancy. Two more women could fill up an extra room. Think of skiing on the "s" word which more plentiful up north. Contact Gary Haelewyn at 643-5408 work 286-5094 home

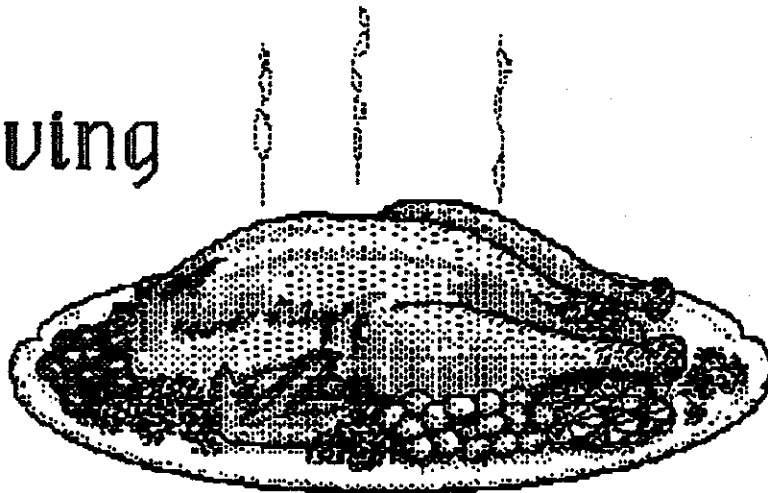


The return to Otisville:

October 21, 7:30 a.m.: a small group of hardy bicyclists gather in the parking lot of Romeo High School. Bob, Bill, Jerry and myself Ted. We have a mission, the leader Rick has been called away on urgent business and the mantle of leadership has fallen on my shoulders. The day starts out cool and crisp as the journey begins. Traveling west on 32 mile road the hills seem steeper than they should. I have been out of training too long and the mission will be difficult. The team rolls along as the sun comes up and the temperature increases. We travel north on Rochester Rd. At Newark Road we turn to the west and travel over the hills to Morris Road. Taking a short respite at the Lapeer County Center I brief the team on the route. Proceeding west on Peppermill road then north on Saginaw we ride thru Lapeer to Davis Lake road, Mayfield road and Angle road. The wind is blowing and much of the time it is against us. Marathon road is in good repair as we take it into Columbiaville. The bridge is out on Columbiaville Rd. After evaluating the risk of walking the narrow cable high above the gorge with the alligators vs a few extra miles we detour onto Hollenbeck

Rd, Washburn Rd then onto Wilson Rd to Otisville. Looming on the horizon we see the watertower and stop at the restaurant for brunch after 54 miles. The pancakes, oatmeal and muffins are good and fortify us for the return journey. Examining the maps we use a different route back; south on M-15, east on Mt. Morris then south on German Rd then Elba Rd and Hadley road. Stopping at the last outpost of civilization in Hadley the team consults with the Sherpas and prepares for the assault on Hadley Rd Hill. The oxygen was getting thin as we broke thru the clouds, past the tree line and finally the summit with the cemetery. Turned left on Oakwood Rd. then right on Baldwin and up Baldwin Hill then left on Seymour Lake Rd into Oxford for a respite. Rode Lakeville road to Rochester Rd and 32 mile. I stop at Big Red Apple Orchard, waited in line for 10 minutes but decided not to get doughnuts just a quart of cider to drink. The apple orchards are crowded on a fall Sunday afternoon but then they have to make money only a few months a year. Arriving back at the high school the odometer says 107 miles and I'm tired but alive. Thanks to Bill, Jerry and Bob who helped me make it back.

Happy Thanksgiving



Stair Climbing: Detroit Westin Off-Season Training & Competition

Now that the outdoor cycling season is coming to a close, your options have just expanded to prepare for the upcoming year. The routines are all too familiar... until now! Discover stairclimbing and it's surprisingly superior cross-training benefits that several cyclists now add to their routines.

I did not recognize the similarity between spinning a chainwheel to stairclimbing until I met two crazy looking females dressed in leopard skin leotards at the Empire State Building Run Up in 1988 (I'm still upset that my girl friend forgot to load the film in the camera that I borrowed while she was off in the women's room.) These two hold the Women's Tandem 24 hour cycling record - 422.518 miles. Not only do Patti Brehler and Patience Hutton climb stairs but they have also convinced several Clinton River Riders that they should also give it a try. And try they did - Sue Pavlat, recent RAAH finisher and tandem competitor is first in her age group in Detroit's 1990 Race to the Summit. Ms. Brehler is first female over-all completing 72 floors in 8 minutes 25 seconds (Vertical Mile - 1:34:04). Patti and Sue with husband Jerry in tow have just returned from climbing the 1760 steps of the CN Tower, Toronto kicking off their training season.

Training for a stair-climbing event is very similar to cycling. (TITS) "Time In The Saddle)" (= Staircase) is preferred but many variations have proven themselves in the several events held across the country where competitors converge. Stairclimbing machines, of course, are very popular and come in a variety of

models. Some climbers do over 300 floors a day on these stationary machines. We all have our stories about "going nowhere fast" on one machine or another. Other techniques include using a staircase with or without an elevator to get down again or simply a step box to strengthen the heart and legs.

I caution the non-cyclist especially on going down the stairs. If done improperly you may experience very sore quads the following couple of days. Interval/speed training is popular (up and down stairs). Carrying weights to keep your speed down (heart up) is not unheard of. Using your arms in climbing is very effective. If you like the winter outdoors - go climb a hill!

If you want to find out more about this great off-season training sport, plan on attending Detroit's next stair-climb. The Westin Hotel, Renaissance Center, Detroit, sponsored by American Heart Association of Michigan (313) 557-9500, will hold a weekend event, February 9-10, 1991. Over 1000 participants will try to conquer the Summit (72 flrs.), the Vertical Mile Marathon (566 flrs., 8 times up, elevator down) and the Fire Fighters Relay Challenge (4 person teams, 18 flrs. each). A club sponsored team would prove to be a lot of fun as well as catching up on next year's ride calendar with friends from across the state. Or come to see Patti finish a 24 hr. Guinness Record attempt. You'll be amazed in those "out of the saddle" climbs after a season of stairs.

Mike Holzauer

Stairclimb training: The Westin will be open for practice, call Sue Pavlat at the store for more details about when and where they train.

Clinton River Riders Time Trial #3

It was a dark and stormy morning when a hardy group of diehard cyclists assembled for the final time trial of the season. When the final results were tallied, the veteran warrior Ted Gondert had come through with a truly stunning performance. He actually rode. He even came to the restaurant when he was done to tell us about it. Go Teddy!

CLINTON RIVER RIDERS
TIME TRIAL RESULTS
Date: 9-16-90

NAME	1ST LAP	2ND LAP	TOTAL	AVG MPH
1 T. GONDERT	?	?	ABOUT 35:00	AROUND 20
2 B. LINDEN			DNS	
3 J. BARTELS			DNS	
4 S. PAVLAT			DNS	
5 R. DOMINICK			CFB	
6 R. DOSSENBACH			GCT	
7 B. STANLEY			WP	
8 P. BREHLER			BM	
9 TWIN			MS	
10 R. GOEBEL			CR	
11 B. GOEBEL			AG	
12 J. PAVLAT			VT	
13 B. BERTHELSEN			CFB	
14 B. CROWLEY			LTS	
15 W. BERTHELSEN			CFB	
16 H. THEONES			DNS	
17 T. DOMINICK			CFB	
18 D. UNGER			WTS	
19 R. UNGER			DNS	
20 E. GOSTIN			KBC	
21 R. SKIBA			CFB	
22 D. MACDERMAID			CFB	
23 K. PHENT			HMS	

DNS-Did Not Start

CFB-Came For Breakfast

GCT-Got To Church on time

WP-Wildest Pants-Velcro attached-Women kept trying to tear them off

BM-Biggest Mouth-No explanation needed

MS-Matching Sunglasses-with sister Patty

CR-Chose Restaurant

AG-Agreed with restaurant choice

VT-VideoTaped nothing

LTS-Left To Soon-Missed breakfast

KBC-Kept Bike Clean-by not riding it

HMS-Had More Sense than the rest of us, didn't show up

Ed Gostin

