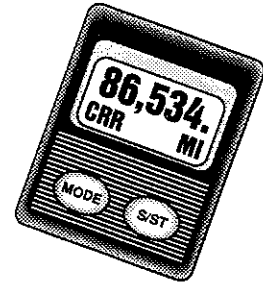




November 1992



The President's Column

by Bill Duemling

The Clinton River Bicycle Club is an organized group of people that enjoy bicycling for both the health benefits of exercise and also the social camaraderie that comes from spending time with other people that enjoy doing the same thing you do.

This year has been rewarding for me in that I was able to meet many more members in my capacity as President, and I got to talk to a great many of you about things related to bicycling (and sometimes not so bicycle related).

As 1992 draws to a close and the cycling season is left for the die-hards that enjoy crisp fall and winter weather, I have turned my thoughts towards the new year. In a few short weeks it will be time to ride the First Dozen - weather permitting of course - and for making decisions about which ride to sign up for.

Your club functions only with lots of co-operative hard work from dozens of people. The elected board members, BWR committee heads, meeting refreshment hosts, and ride leaders all contribute their time, mental and physical effort. The only payback they get is their own satisfaction from doing the job, and an occasional "well done" from other members. This is a volunteer organization.

Now, it is time for you to step forward and volunteer to help keep the club fun to belong to. Nominations are being taken for all board positions,

and these positions will be voted on at the February 1993 meeting. Why not take a chance and become more involved? It is a sure way to meet and get to know more people.

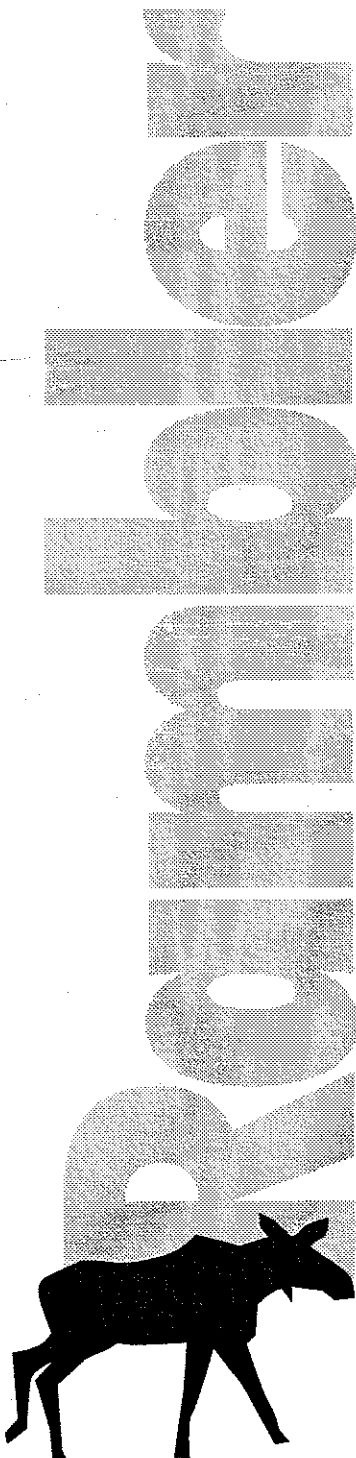
I want to especially express my gratitude to Bob Goebel for his generous efforts maintaining the membership list, and keeping the books straight as Treasurer. You will be hard to replace. Mike Kiefer and Vicky Malloch's creative efforts and production abilities in getting the newsletter out will be difficult to duplicate. Dennis Audette's scribe-manship as Secretary will be sorely missed. Doug MacDermaid's cheerful voice as the Ride Director will be impossible to match.

However, I have no doubt that you have talents we can use in the operation of the club. Please volunteer. Don't wait to be asked.

NEXT MEETING:

**Monday December 7, 1992, 7:00pm
at the Mount Clemens Recreation Center
300 Groesbeck at Lafayette.**

President: Bill Duemling	752-6310
Ride Director: Doug MacDermaid	774-0295
Secretary: Dennis Audet	777-0837
Treasurer: Bob Goebel	286-0384
Editor: Vicki Malloch	979-4076
Assistant Editor: Mike Kiefer	884-1052
HOTLINE:	792-4670



Happy Thanksgiving

Ride Schedule

Call the hotline (313) 792-4670 for updates.

Please ride safely. Wear warm reflective apparel and carry lights whenever necessary.

Recurring activities for November/December

Saturdays, 9:00am. Meet Kirk & Katie Carolan at Jefferson & Marter (8 1/2 Mile) for a ride to Grosse Pointe and back. Pace 16-18, 22-25mi.

Sundays, 9:00am. Stair Climbing at the Renaissance Center Hotel. Meet at the Westin Health Club and be ready for a workout. At your own pace. **Call Hotline for more info.**

Scheduled rides for November

Saturday, November 21, 6-7:30pm. Walleyball at the the Gateway Racquet Club (8200 Irving Dr.) Van Dyke at 14-1/2mi. behind the Premier Center. The cost is \$36 for 1-1/2hrs per court divided by the number of players. (alternate Saturdays) **Call Hotline for more info.**

Sunday, November 29, 8:00am. Meet Duane & Elizabeth at Romeo High School for a round trip ride to the Dryden VFW Hall for breakfast. Pace 16-18, 40-50mi. (last Sunday of each month).

Looking ahead to December

Saturday, December 19, 6:00pm. Clinton River Rider's 1992 Christmas Party at the American Legion Post #4 located at 401 N. Groesbeck Highway, Mt. Clemens. Reservations must be made by mail and received no later than November 30, 1992. **See last page of this newsletter if you still need to reserve.**

Another "Very Scenic" Century Challenge

by Gary Haelewyn

Everything was going just fine especially after I added fried sliced mushrooms and Parmesan cheese to the spaghetti noodles. I should have stopped but my eye caught a glimpse of the spice rack. A little of this and a little of that. Taste it. A little more of that. Taste it. How about a little red wine vinegar. Oh, oh. I'll just add a little dill weed to kill the vinegar. Oh, oh. I dished myself up a plateful. The rest would be refrigerated for the ride down Friday night. Ron Smith had suggested we eat dinner while driving. Dorothy, his "bride" of 27 years was also making a pasta salad. We were carbo loading for a "very scenic" ride down in North Carolina.

I'd heard those words before. Somewhere in the deep recesses of my cluttered memory "very scenic" brought up a feeling of foreboding. A warning. Sud-

denly it hit me. Those were the exact words he used on me last year when he conned me into CFC. Was Grandfather Mountain to be another CFC? "A little tougher, but much more SCENIC", countered Ron. Oh well, how tough can a scenic ride be anyway, I thought. After 3 hrs of driving Ron mutters back to me, "oh yea, by the way, the last 2 miles of the ride are as tough as the toll road we went up at Burke Mt. in Vermont". WHAT??? You call that SCENIC??? So, its either a 150 mile bike ride back home via the Ohio turnpike, or a 2 mile climb up a 20% grade after riding 98 miles. Ron won't stop the van to let me off so I guess the matter is settled. The silent drive down is interrupted only by Dorothy who insists on my finishing the last of my homemade, spiced-up pasta which is now giving me enough gas to blow the

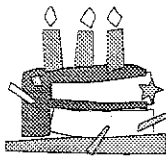
windows out of the van. If this is carbo loading I better move the spice rack.

After spending Friday night in Cambridge Ohio (Ron kept the keys tied to Dorothy's ankle), we continued on to Hickory NC. Arriving late Saturday afternoon, we get another piece of Ron's "scenery". It's the Hickory Lodge. Built in the early 50's and recently renovated by new owners who grow spice on the side, we enter the room, which according to the clerk at the desk is normally rented "for the day", whatever that means. Dorothy keeps insisting we move to the Howard Johnson across the street as I count the bugs flying across the television screen. We find our way to registration and I get my first briefing on the true scope of this ride. The guy handing me my packet tells me "have a nice

...see *Very Scenic*

Birthdays

Robert Linden 12/3,
Neal Angst 12/5,
Becca Barton 12/5,
David Burke 12/6, Matt Meriwether
12/7, Patrick Moorman 12/7, Lauren
Rimmell 12/7, Kathy Best 12/12, Joe
Gentilia 12/13, Brian Piatt 12/14, Pat
Wattkins 12/17, Frank Giannone 12/
18, Katie Carolan 12/21, Chrissy
Maravich 12/24, Jean Patterson 12/
24, Melissa Heck 12/25, Steve Angst
12/26, Marty Klein 12/27, Carol
Sheehy 12/28, Kristen Smith 12/28,
Don Lee Matthews 12/29, Darlene
Dusky 12/30, Eric Feucht 12/31



Welcome new members:

The Clinton River Riders proudly
welcome the following new members:

J. J. Caji, Ilene Hirsch

We hope you will enjoy this and many
future seasons cycling with us.

Hot Cofee/Coco Mugs

Available from Dennis Audet for
\$3.50 each. Can be purchased at the
club meetings.

Lending Library

Remember this is a great time to
take advantage of the clubs resource
library. Stay warm with the 91 & 92
MS150 videos or for the more active
check out the cycling and repair video
tapes which were donated. These
tapes are available to all club mem-
bers. You can borrow them from the
ride director at any of the meetings.

Who Sets the Fashion?

Part of Trek's '93 clothes line-up sure
does resemble our own club jersey.
There's a jacket, shorts, and gloves...
The way they balance their reds, grays
etc. maybe we (Dorris in particular)
should persue royalties. Next season,
you may have to look twice to see if its
a club member. Ask Sue about this.

Christmas Party

Remember, time is wasting. Send your reservation for the Christmas party
to Laurie Brickner. You only have until November 30. Please Hurry.

Donations to be raffled off as door prizes are greatly appreciated. Please
bring them to the December meeting.

Our First Formal Retraction

In last months newsletter under Educating the Children, we mis-quoted Diane
Baker in referring to her Pro-Bike program as a Pro-Life program. Out of re-
spect for those involved on both sides of a very volatile issue we apologize for
this inappropriate choice of words. We hope we didn't offend and that our error
doesn't turn anyone away from what could be a life saving program.

Stats from the MS150 Tour News

The 1992 MS150 with 1,658 riders raised a total of \$520,000
This years top individual fund-raiser was Richard McQuade with \$16,280.
Riding every year, Rich has raised a total of \$67,000.
Club members counted in the Top 100 Fund-raisers
Bill Deumling placed 23rd with \$1,310.
Dave Merriwether placed 69th with \$872.
Look for the '93 MS150 to be on June 26-27 on an all new route.
FYI, the Clinton River Riders play an active role as supporting sponsors.

Stepping on Stony

Concern is being voiced about mountain bikes causing erosion at Stony Creek
Metro Park. If cyclists don't keep to the designated trails, park authorities may
be forced to barricade areas of the Park. We have a large percentage of moun-
tain bikers in our club and hopefully none of us are adding to this problem.
Please ride responsibly and promote a positive image of mountain biking.

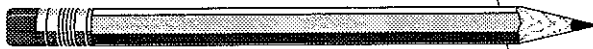
Jeff Hill from Pavlat's Cycles made a suggestion that the club could donate
money expressly for signage to try to keep bicyclist to the trails. How do you
feel about this?

1993 To the Top

Stairclimb for the American
Heart Association February 6-7.

The Clinton River Riders are
once again planning on helping out
by handling timing and water sta-
tions. Get those legs in shape early.
See the ride schedule.

From the Editor's Mailbox



Vicki, please put in the next newsletter.

We wish to thank all our Clinton River
Rider friends for their support, cards, gifts,
balloons, flowers, and especially their
prayers for our son Matt. They worked
He is doing wonderfully. He is home and
on the road to recovery. In his own words,
"it was so nice of everyone to take the time
to show they cared."

Thank you so much!
Pam & Rich Dyer & Family

The Tri-City Bicycle Club

is planning on putting on a new Michigan multi-day camping tour. It will start July 25th, 1993 will be the first time for this ride, which is planned to start somewhere near Port Huron, and end up at Au Gres. They are starting this new ride in the hopes that they can raise money for their club activities. (There's nothing wrong with that, we host the BWR for the same reason!)

We have been asked to help with the production of this ride, either as the Clinton River Riders, or as individuals. Help is needed in the following areas:

- 1) Selecting a starting point, and making arrangements to use the facility. Schools are the preferred launching point.
- 2) Contacting someone to put on a breakfast July 25th, the day the ride starts, perhaps a civic organization or school booster club.
- 3) Marking the route. They came to us because we know some of the highways and routes from experience with BWR.

The 2nd night site has been selected as the Croswell/Port Sanillac High school. The first day mileage is expected to be 30 or 40 miles, which will limit the choice of the starting location.

If the club is not interested in co-sponsoring the ride, individual people are welcome to help. Contact Bill Duemling for more information at 752-6310.



Very Scenic continued...

race". Race? "Oh, I mean ride", he responds. They give us a t-shirt that reads "100 Miles of Pure Hill", a water bottle, and get this, a pair of white socks. Do they identify riders by these socks I wonder. We head down the basement for a free dinner of, you guessed it spaghetti. We loose our way back to bed bug lodge but get a "very scenic" drive around Hickory ville. I skip my morning shower as the water from Ron's is having a problem draining out of the tub even though he took his shower the night before. "I think I'll wait till we get to the restaurant to fill my water bottle", I tell him as we close the door saying good bye to our flying friends.

We drive to the ride and see another Michigander, Gerry Bartels and his lovely wife. They pack all 900 of us up in front of a bridge and at 7:30 the entire pack of riders begins to move. This is my first mass start ride and from my vantage point, the extreme rear, it looks pretty "awesome." The weather is misty and cloudy but mild temperatures.

The pack slowly stretches out as it moves along the highway. A few cars attempt to pass small groups of riders. A local motorcycle club helps patrol the route. After 15 miles we come to the first rest stop. But wait, why are those people holding out cups of water and halves of bananas? Why isn't anybody stopping? What are all those empty cups laying along side the road? I finally realize what's going on here. They really think this is a race. Ha, ha, ha. I grab a cup of water just to see what its like, drink it down, throw the cup to the side of the road and continue on. Coming to an intersection I slow down preparing to stop. Hey, wait a minute, no one else is slowing down for the cross traffic. As a matter of fact, the cross traffic is stopped even though we have the red light. The state police are HOLDING the traffic for US to proceed. This is a very unusual ride. Its almost like, a race? Another thing that seems funny. As we pass groups

of pedestrians lined along the streets, they all clap and yell "GO!!!" "GO!!!" "Your lookin good!!!" I look down at my cateye and see 24MPH registering. I feel like I 'm in a, . . . race? Wow, this is really neat. The adrenaline starts to flow. I hit the next rest stop, grab a banana, peel it with my mouth and consume it keeping my cadence at 100 without missing a beat. So it continues, up hills and down, around curves, through towns, past cheering crowds.

At the 50 mile mark I figure its a good place to stop. The mist is getting thicker, and I need a towel to wipe my glasses. Besides, if I eat one more banana, . . . I need some cookies. I consume 6 cookies, grab two boxes of raisins, fill the water bottle, clean the glasses, find a secluded place, then talk to the volunteers manning the rest stop. "Everyone stops here" exclaims one of the volunteers. "This is the start of the climb". What you mean climb, I've been going up and down all morning, you mean those weren't climbs, I ask. "Oh you got a big climb coming up, 10 miles with a couple of dips and re-climbs", snickers the volunteer, "This is NC-181". I look ahead and see the slow progression of bikes working up this long hill before turning out of sight. The hill didn't look steep, but after the first 50 feet I reached for the gear box and dropped it down to the 28 tooth cog. For 2 hours and 40 minutes I pretty much remained in that cog. 7 MPH, head hanging down, constant sucking the air in, blowing it out.

Finally we get off this NC-181 and enter the Blue Ridge Parkway. A two-lane road winding through a park-like setting. This could be "very scenic", if the fog wasn't so darn thick. The parkway has bridges stuck the sides of what must be a mountain. Looking over the rail on my right the fog makes me feel like I 'm riding in clouds. The parkway also has hills. Hills and fog add another challenge to this "scenic" adventure. Normally I look ahead at the hill to determine which gear and how much effort. Now I have to feel my way up

1992 Clinton River Rider's Christmas Party

December 19, 1992 at 6:00 p.m.

American Legion Post #4

401 N. Groesbeck Highway, Mt. Clemens, MI 48043

Full Buffet Style Dinner • Open Bar • 1992 Club Awards



Reservations Must be Made by Mail and Received no later than November 30, 1992.

Make Checks Payable to: **Clinton River Riders**
 Mail Reservation Form to: Laurie Brickner
 130 Bowdoinhill, Rochester Hills, MI 48309
 Directed Any Questions to: Laurie Brickner 375-1204 or Pennie Morauski 773-2213

Clinton River Rider's Christmas Party Reservation Form



	No. Attending	Total Cost	Addit. Attendees (Name)	Age (if Child)
Adults	_____	\$7.50	_____	_____
Children (5-12)	_____	\$4.00	_____	_____
Children Under 5	_____	Free	_____	_____
Guests (non-members)	_____	\$13.75	_____	_____
Total Enclosed	_____	_____	_____	_____

Name _____
 Address _____ City _____ State _____ Zip _____

the hill, wondering when the grade will change or where the top is. Going down I brake anticipating all sorts of animals jumping out of the woods.

After 8 hours on the bike I reach the entrance to Grandfather Mtn. Its like the toll road in Vermont but there's flat parts to let me rest my burning legs and keep my heart from bursting out of my chest. After 8 hours and 32 minutes I cross the finish line. One minute behind Ron Smith who had been behind me the entire day, and just now passed me on one of those flat parts while I was looking the other way in search of a "very scenic" place to push him off the edge. Gerry had been waiting for us for over an hour. As we got off our bikes, race personnel took them, loading them on trucks specially fitted just for bikes. Then we got on buses and drove down the mountain to a park for a free dinner and entertainment. This is an unusual foggy race of a ride. But I highly recommend it. After all, it's "very scenic", right Ron?

Ask Dr. Bike

Dear Dr. Bike,

My left side swivel defractor keeps missing each time I shift from a lower cog to a higher one. My local bike store says it needs to be replaced and has recommended the Shimano version over the Suntour. The only problem is that by using the Shimano version I have to also replace my 52 Burley-Allen crank fluctuator with a more compatible one. The BA-52 has lasted me over 18 years with very little maintenance. I'm wondering how reliable are the new replacements and how long before the right side defractor starts giving me problems?

Sincerely,
 Doug
 Lubbeck TX

Well Doug, this is a common problem. Although swivel defractors are rarely a problem, locating a good replacement can be difficult, especially if you have to give up a BA-52. Although Suntour versions last about 18 years, the Shimano version comes in a variety of good colors.

Newsletter Deadline

The deadline for the next newsletter is Monday December 14. Please bring items for the next newsletter to the meeting or contact the editors.

To schedule events for the ride calendar, please call the ride director.

