



CLUB NEWS



November 1996

Club Dues

It's getting to that time of year again to remind people that club membership expires in January. Please pay dues to Greg Shultz at meetings or by mail.

Club Elections

The officers for the club are nominated at the January meeting and elected at the February meeting. Please consider serving as club officer. We need more volunteers to keep the Clinton River Riders Bicycle Club improving.

Editors Note: Please submit articles by Thursday after the meeting. Mail it to: Ted Gondert, 356 Third St, Romeo, MI 48065 or call, fax or modem me at (810) 752-7043. If you want to FAX or modem something to me, call voice first so I can turn it on. Or E-mail to: "ac557@detroit.freenet.org" IBM/DOS 3.5 " disk with ASCII, WP5.1 or MS Word for Windows 2.0 is good.

For Sale

Centurion 'LeMans' road bike. 58 cm (23 in) frame. Magenta/White. Tange no 2 tubing. Shimano 105 brakes, BB, HS, cranks, derailleurs. Exage Sport hubs, brake levers, shift levers. Well maintained, in very good condition. Asking \$175. (810)786-5911 Kirk Carolan.

Rhode Gear Euro Shuttle bike carrier. Trunk mount, carries two bikes. Used one year, \$80 or best offer. Call Eric (810)465-6036

Tandem-Burley Duet (road) Medium size. Low miles, extras \$700. Call John (810) 758-8945

Trek Bike Rack (trunk)
Used one time, carries up to 3 bikes
Paid \$109 - Best offer
Donna Schneck (313) 881-5577

T7rek 2000 bicycle, 1990 model, 54 cm, red, aluminum frame. Shimano Dura-Ace components, 7 speed freewheel. extra parts. Best offer. Also Aerospoke composite wheelset. 700c freewheel rear, 180 psi tubulars. Sold alone or with bike, best offer. Mark Kossak (313)881-3960 (home) (810)574-8598 (work)

Wanted: Folding bicycle to take on trip. Contact Debbie Angst if you have folding bicycle for a friend of hers

Medium size tandem for reasonable price. Call Scott Cote 781-8825

Condolences

Sue Paviat's thanks the club members for the flowers and support after her mother died recently.

Christmas Party

Saturday Dec 14 6:00 p.m. at the Riverhouse Catering and Banquet Center on 5 Amvet Drive off of Crocker just east of Gratiot in Mt. Clemens .

\$22.50 reservations to Vicki Malloch 43579 Inglenook, Sterling Heights MI 48314

Humorous Awards. Contact Doris Mulligan with humorous stories to tell about at the Christmas party.

Next Meeting

Monday, Dec 2, 1996
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	
Greg Schultz	775-2208
Editor	
Ted Gondert	752-7043
LMB Representative	
Warren Berthelsen	781-6706
Hot Line	792-4670

CRR Web Page <http://www.msen.com/~duemling/crr/crr.html>

Ride Schedule

Reoccurring Rides

Call the Hotline (810) 792-4670 for latest information

Summer daylight is fading so many evening rides are canceled for the year. Most evening rides now start at 6:00 p.m.

Lights are mandatory on evening rides now.

Tuesday 5:15 p.m.: meet Gary Haelewyn at Stony Creek park in the West Branch parking lot B for "Deer Shining" trail riding. 1 hour to 1-1/2 hours of riding the mountain bike/ski trails. Pace: slowest riders pace. Helmet and lights mandatory

Thursday 6:30 p.m.: meet Gary Haelewyn or Bill Duerming at Prestige Cycles on Moravian for "Explore the Metro Recreational Trail" Ride for about 1 to 1-1/2 hours on the Recreational trail along Metro Parkway to Metro Beach. Pace: Slowest rider's pace. Lights and helmet mandatory.

Saturday 8:00 a.m.: meet at Stony Creek boat launch for 45 mile @ 16-18 mph ride to Armada for breakfast

Saturday 9:00 a.m.: meet Doug at Shultz Funeral Home, 8 1/2 mile and Gratiot for 25 mile ride to Grosse Pointe.

Rides for November

Sunday, Nov. 24 8:30 a.m.: meet Ted Gondert or Duane Nieman at Romeo high School for 40 miles at 14-16 mph ride to Dryden for pancake breakfast Ham, eggs, hash browns, pancakes. Ride goes if weather is good.

Other Rides and Events

Stair Climbing

Downtown Detroit at the Westin Hotel, Renaissance Center. Meet at 9:00 a.m. for some good exercise in the winter.

Hi Ted, I contacted the manager at the Summit Athletic Club and was given the go ahead for Sunday stair climbing. The first date and time is November 10 at 9 a.m., and it will be ongoing each Sunday until further notice.

LADIES! If you are interested in meeting at 9 a.m. for stair climbing at the Westin, please contact Monica Cain at 810-791-7489. If we start training early, we could put together a women's relay team for the February Summit Step Up that will leave any men's CRR team eating our dust.

Monica Cain

Wallyball

Saturday 6:00 -7:30 p.m. November 16 and 30 at the Warren Racquet Center on Civic Center drive (12 1/2 mile and Van Dyke) behind the Coney Island.

If interested in Wednesday night Wally Ball contact Diane Baker so she can schedule it (810)739-0261

Las Vegas Trip

Bill Windhorst is scheduling a trip to Las Vegas for the second weekend in January 1997. The Riviera or other hotel Thursday through Sunday, \$300-\$400. Call Bill or Julie for more information (810)939-6073

Trek Bicycle Factory tour

Jerry Pavlat is planning a tour of the Trek bicycle factories in Waterloo and Whitewater, WI. **Thursday April 24 through Sunday April 27.** Thursday night stay at Lake Geneva, rooms have kitchen facilities, bring breakfast. Friday: Tour factory for 1 hour in Whitewater, lunch then tour Waterloo factory. Bike rides in afternoon. Stay at Madison Holiday Inn with indoor swimming pool near largest shopping mall in WI. Saturday bike rides around Madison. Sunday morning check out, maybe early bike ride.

Need 40 people for group rates. Cost about \$170 double occupancy. Call Jerry or Sue Pavlat. \$50 deposit required. (810)545-5778

Walden School of Cycling

January 9-29 in Mt. Dora Florida. One week sessions.

Attendees will learn bicycle handling skills for group/paceline riding, fast cornering by the Walden method, and some training on hills including a 15% downhill. Riders are separated into groups so you will ride with similar riders instead of trying to chase racers or waiting for the slower riders.

Stay in four person cabins, with meals in cafeteria provided and bike handling drills in nearby subdivision with longer rides on alternate days. Some afternoons off for sight seeing, Disney World in nearby Orlando, etc. Cost is about \$450.

The Walden School of Cycling will be in Texas during January 2-8 and in Florida during January 9-29.

There is talk of having a weekend camp up here next May. If you think that your members would like a lesson on the basics have them give Dale a call. This will not happen without people responding. Hughes Sports Professionals (810) 652-0511.

Leonardo (president of Wolverine Sports Club)

See the Wolverine World Wide Web at <http://www.rust.net/~jjohnson/wolv.html>

Tandem Rally 1997

Columbus, Ohio will be the site for next year's Tandem Rally on Labor Day weekend. Sue Pavlat has booked some extra rooms. Call her for more information. (810)545-5578

Kodak Moments

It's time to gather up your photos of club rides/events from 1995 and 1996 for the Christmas Party slide show. Please turn in photos as soon as possible. On the back of each photo, please include the following: Your name, date of event and place. All photos will be returned at or before the 1996 Christmas party.

Thank You Sue Pavlat

Omni theater

Saturday 4:00 p.m. Dec. 7: See the film "Raising the Titanic" at the Omni theater at the Science Center in Detroit. Possible dinner afterwards. Contact Bill Windhorst if interested. (810) 939-6073

Bike Feast

The 1997 Bike Feast is a get together dinner for area bicycle clubs. **Saturday March 2** at the Melvin G. Bailey Rec. Center in Westland, 36651 Ford Road east of I-275. This year features bike shop vendor displays and a bicycle swap meet from 12:00 to 4:00 p.m. Dinner and social hour is from 4:00 p.m. to 9:00 p.m. Prestige Cycles will have a fashion show of cycling gear. Call Gary Haelewyn for information.

Helmet Law

In the state senate Transportation and Tourism committee senate bill SB1142 would make a mandatory bicycle helmet law for children under 14 years old. Senator Doug Carl of Macomb county is head of the committee. Contact him if you are interested. (517)373-7670

Help Wanted

Enthusiastic persons, willing to work for bike parts (not really, but almost!) and available part-time. We offer a fun environment and entertaining co-workers, inside scoops on the bike industry, and staff bike rides! To apply, please call Patti or Andy at Prestige Cycles 810-792-4040. **Warning!** You must pass the "Stoker" test to qualify!

Club ID Cards

Identification cards for club members are available from Greg Shultz at club meetings. Back of card has room for emergency information such as phone #, allergies, etc.

Bike shops with discounts for CRR members with ID cards.

Prestige Cycles 36558 Moravian Dr., Clinton Twp.	(810) 792-4040
Two Wheel Authority 1109 S. Washington, Royal Oak	542-7182
Pointe Cycle & Fitness 20343 Mack, Grosse Pointe Woods	(313) 886-1968
Mountains of Bikes 42201 Garfield, Clinton Twp.	(810) 412-0500
Antoon's Bicycles 42918 Schoenherr, Sterling Hgts	247-9240
Sterling Schwinn 2169 Metro Pkwy, Sterling Hgts 878 S. Rochester Rd, Rochester	979-7570 652-1555
Big Ralph's Schwinn Cycling 23521 Nine Mack, St. Clair Shores	772-3258

Macomb Schwinn 756-5400
28441 Schoenherr, Warren

Stoney Creek Schwinn 781-4451
58236 Van Dyke, Washington 48094

Main Street Bicycles 336-1177
112B South Main St., Romeo, MI 48065

Anchor Bay Bicycles and Fitness 725-2878
35241 23 Mile Rd. New Baltimore 48047

Top Club Miles

Rick Jones	2663
Steve Angst	2369
John Tarantino	2148
Marilyn Tarantino	2115
Bl Windhorst	2039
Debbie Angst	1745
Patrick Moorman	1719
Julie Windhorst	1620
Sandy Freeman	1560
Doris Mulligan	1525
Douglas MacDermaid	1493
Craig Boyer	1448
Sharon Wiseman	1434
Dave Switney	1389
Sheila Jones	1351
Laurie Brickner	1337
Jerry Bartels	1290
Susan Moorman	1271
Gary Haelewyn	1264
Pennie Morauski	1121
Steve Morauski	1121
David Courter	1074
Ted Gondert	1068
David Komendera	1037
Art Meerhaeghe	1022

CRR Mileage and Participation Awards

Note: Turn in all mileage to Rick Jones or George Zioitro by **November 31** so they can figure you mileage. Please call before 9:00 p.m. or write.

Rules:

1. You must be member by June 1st to qualify for 1996 awards
2. You must participate as a worker for BWR either prior to or day of ride.
3. You must participate in at least 10 club functions.

Mileage Awards:

1. Self monitored-- must submit mileage cards,
2. 10% of total distance must be on club rides. Club rides include all club supported invitationals & all club rides posted on Hotline.

Participation Awards:

Based on a point system from club sign in sheets

1. Club Officers 5pts
2. BWR Committee head 4pts
3. Club Ride Leaders & CO-Ride leaders 3pts
4. Each ride, club event and meeting attended 1pt
5. Ride Leaders and Riders on invitationals 1pt
6. Sag Drivers for club rides 2pts

Youth Awards:

Awards by age only: 15-18, 11-14, and 10 and under.

1. Self monitored--must submit mileage cards. *

Commuter Awards:

1. Self-monitored--must keep track of number of days you commute to work & submit on mileage cards. *

* submit mileage cards minimum of 4 times a year at club meetings or by phone, all miles count.

Happy Birthday

Steve Angst 12/26, David M. Bach 12/12, Keith Bartley 12/8, Becca Barton 12/5, Katie Carolan 12/21, Mike Curtis 12/9, Darlene Duskey 12/30, Eric Feucht 12/31, Joe Gentilia 12/13, Linda Goldman 12/17, Tom Harrison 12/13, Melissa Heck 12/25, Sheila Jones 12/24, Tom LoPiccolo 12/3, Don Lee Matthews 12/29, Matt Meriwether 12/7, Patrick Moorman 12/7, David Rumohr 12/3, James Schmidt 12/18, Marge Skiba 12/19, Jason Smith 12/16, Jeff Smith 12/7, T.J. Hill (Studebaker) 12/24, Sharon Switney 12/7, Bill Windhorst 12/14, Tim Woodby 12/21

Effective Cycling

Diane Baker has passed her Effective Cycling Instructor course and is ECI #478. Effective Cycling course "Kids 1" teaches parents about safe riding for their children. "Road 1" teaches the basics of riding the road safely with traffic by the slogan "Riders fare best when they act like and are treated as drivers of vehicles" If enough people are interested in an "Effective Cycling" course she will try to schedule one. Call Diane at (810) 739-0261

Channel 56 (PBS) auction

The Clinton River Riders received thanks from Channel 56 WTVS for the donation of a bicycle package for their silent auction fund raiser. this is the description printed in their magazine.

The Best Bike Experience of Your Life
value \$500

Receive a custom bike that is properly fit to your body's proportions. This certificate includes a helmet plus a 5-year service contract for your bicycle. Prestige Cycles in Clinton Township carries Trek, Cannondale, Specialized, Santana Tandems and others to choose from.

Donated by: The Clinton River Riders

West Virginia, Mountain Mama

by Mike Gemus

I really gotta tell you about a ride I did a few weeks back. It was a week long, guided mountain bike tour in the mountains of eastern West Virginia. It was cool, dude!

The tour was run by the Elk River Touring Company out of Slatyfork, WV (304) 572-3771. Owners and hosts., Gil and Mary Willis started the company about twelve years ago and today it really shines. Excellent facilities, kind hearted staff and a "leave-no-trace" cycling attitude. Presently they do about 50 mountain bike tours each year, each ranging from two to six days. In the winter they do cross country skiing tours. My tour was six nights and five days and cost \$600.

Slatyfork is a ten hour drive from here so if you leave in the morning, you'll arrive at the "Center" just before dinner, as is recommended. The Center is a country-style building with a wonderful restaurant, a bar, a cycling store and a dozen or so rooms, each with private baths. I should comment that everything is comfortable, charming and top class and also that rental bikes are available and a mechanic is on hand to do repairs.

I don't know what all I should tell you about the riding. It was, in fact, five full spectacular days of hilly pedaling during the peak color season. It was absolutely gorgeous. The 30 miles a day we averaged, mostly on single track or abandoned logging roads, was enough to tucker you out but something you could complete if you were in shape. All riders were monitored closely and the tour would be changed to accommodate rider abilities. I noticed that I was a bit stiff the first couple of days but we all got stronger as the week progressed. By the end, a two hour climb of 1500 feet didn't bother any of us. I crashed about a dozen times, four times over the handle bars, which was more than anyone else but not so bad, I figured.

Lodging was as follows: Two nights at the Center, one at a nice B&B in Huttonsville, one in the middle of nowhere in some very rustic state owned cabins and two nights at a chalet in Canaan Valley. Our two guides took turns riding the support van, procuring food, guiding the ride and catering to our "customer needs". Everything was perfect and memorable. It was one of the best vacations one could have. Maybe a group of CRR's would care to repeat it next year.

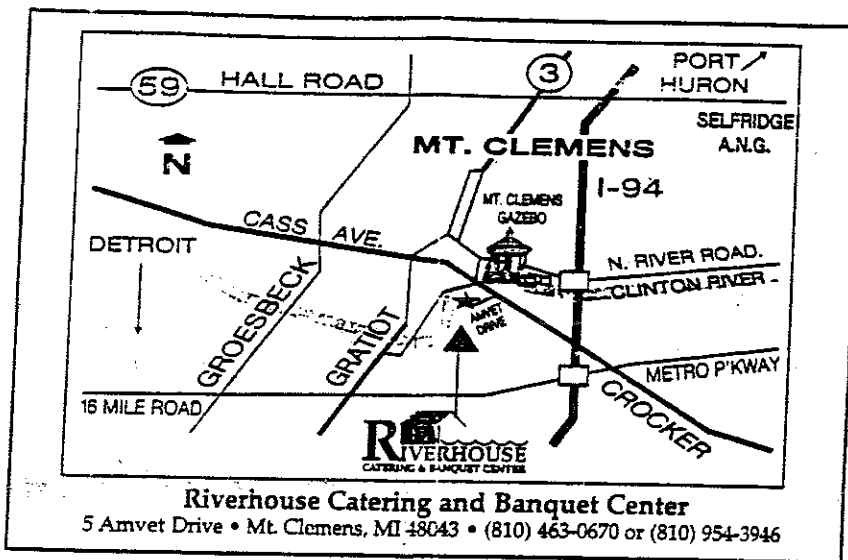
West Virginia, Mountain Mama. What a beautiful place to ride a bike.

Christmas party

The Clinton River Riders 1996 Christmas Party will be at the River House Banquet Center on Amvet Drive in Mt. Clemens off of Crocker just east of Gratiot on Saturday December 14 at 6:00 p.m. Price for adults is \$21. Children 12 and under \$10.50. Full course meal will be served.

The schedule is: 6:00 PM to 6:45 p.m.-social hour, 6:45 to 7:45- dinner, 7:45 to 8:15 p.m.- Santa visits children. Please indicate what type of gifts they are interested in. 8:15 to 8:45- slide show, 8:45 to 9:15 humorous awards, 9:15 to 10:15 p.m. CRR mileage and participation awards.

Please register by November 4 meeting. Mail registration to Vicki Malloch, 43579 Inglenook, Sterling Heights, MI 48314 (810)731-0492.



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CRR Christmas party Dec. 14, Riverhouse Banquet Center, 5 Amvet Dr., Mt. Clemens MI
Adults \$21 Children 12 and under \$10.50

	Price
Name: _____	\$ _____
Name: _____	\$ _____
Name: _____	\$ _____
Name: _____	\$ _____
Name: _____	\$ _____
Total	\$ _____

Childrens name, age, gender and gift preferences: _____

Mail to: Vicki Malloch, 43579 Inglenook, Sterling Heights, MI 48314. by November 4.

