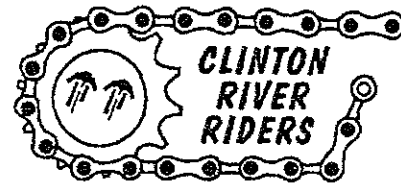


Rambler



November/December 1997

produced by: Deb Angst & Sue Pavlat



The Last Mile Takes Care of Itself

by Sue Pavlat

It was a beautiful cool morning October 12th with the temperatures expected to go into the 60's. The weather was perfect. Jerry and I headed to Detroit in search of Julia Schultz who was running in her first Free Press International Marathon. My plans were to run the last couple of miles with her for support. We parked around the 24 mile mark and walked the course backwards looking for Julia. She had planned to run 10 minute miles, so we had a pretty good idea of what time to

expect her. We headed towards the 21 mile mark known as "the wall". This is where the bodies of many runners just shut down. We were cheering, clapping and encouraging the runners as they passed through this area. I was hollering at a lot of the runners to smile as some were looking pretty tired and many had the look of pain. All of a sudden, this guy got a huge smile on his face and tipped his sunglasses down from his eyes. He yelled "Thanks Sue". It was our own CRR John Kamm! John was running in his first Free Press Marathon also. Way cool!! Go John, go!

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Editors Note

Any article or picture submitted for the newsletter will be printed if possible. Please submit up to and including the monthly meeting. Info may be sent to my E-mail (doubletime@teleweb.net)

Thanks,
Deb & Sue

Next Meeting
Monday
December 1, 1997
7 pm

Mt. Clemens Recreation Center
300 Groesbeck



792-4670

President

Gary Green 468-7351

Ride director

Rick Jones 879-2490

Secretary

Julie Windhorst 939-6073

Treasurer

Greg Schultz 775-2208

Editors

Deb Angst & Sue Pavlat
573-8089

LMB Representative

Michael Sproul
445-2868

Welcome New Members

Welcome David & Mary Loise Arscheene, Jane Betnard, Robert Blanchard, William Easton, & Christine Richie. We hope that you'll enjoy our club rides & events. Feel free to make suggestions, ask questions, & lead rides. We have lots of variety in our people & events.

Thoughts & Prayers

Vicki Malloch is having surgery in November. Let's all say a prayer that everything goes well for her.

FYI

Doris Mulligan & Sue Pavlat are still accepting nominees for the humorous awards for the Awards Banquet(Christmas Party). Sue is still accepting photos for the slide show. Please get them to her or Prestige Cycles ASAP.

The cost of the Awards Banquet will be handled the same as last year. You must send in your check for the full amount. Anyone involved in BWR or Tour De Stony & shows up will be given their check back.

Congratulations

Michael Sproul is our new LMB Representative. Congratulations Michael!

Thank You

Thanks to Warren Berthelsen for being our 96-97 LMB Representative & doing a fine job!

Donations

The club voted to give the Velodrome project \$1000. The finance committee is meeting at 6pm on 11-16 at John Tarantino's house. Call him at 810-677-0482 if you would like to attend. All club members are welcome. Decisions will be made concerning the remainder of money to be spent on donations.

MTR 98 & 99

Sue Pavlat has hotel rooms available for MTR 98. Bill Windhorst has rooms available for MTR 99. If you have interest, please see them. They will not hold the rooms past December.

Rides in October/November

**All evening rides will require lights*

Please check the hotline for any updates

Weekly Rides

Monday

You're on your own. Take time to reflect on the past & plan for the future.

*Tuesday

The Cranbrook ride will meet at Cycle & Fitness at 6pm. Approx. 25 miles at an easy pace.

*Thursday

Bill Duemling will continue the Ramble Ride. Meet at Prestige at 6:30pm. Approx. 20 miles at an easy pace.

Saturday

Meet at Stony Creek boat launch at 8am for 45 mile ride to Armada for breakfast. The ride will go as fast as the riders that show up.

Saturday

Meet Doug MacDermaid at Schultz Funeral Home(8 1/2 & Gratiot) at 9am for a 30-35 mile ride at 14-16mph to Grosse Pointe. Enjoy breakfast or lunch after the ride.

Special Events

Automobile Hall of Fame

Join Bill & Julie Windhorst to go back in time. The Automobile Hall of Fame is a newly created museum with lots of interactive displays about people who made the auto industry what it is today. Explanations include what made them do what they did and how they thought. There are some automobiles on display, but it isn't like Henry Ford Museum. Many articles have been written about the museum describing it as fun & fascinating. Hours are from 10am to 5pm. Bill & Julie will attend a banquet there on Nov. 6 & will have a better idea of what it's all about.

Dinner Theatre

Dinner & theatre at the Heidelberg in Mt. Clemens. Price is \$22.50 or \$10 for theatre only. Dates being considered are Nov. 21, Fridays in December or Saturday Dec. 20. If interested, please call Bill Windhorst.

Special Rides & Events

Sunday 11/23

Meet Gary Green at the Stony Creek boat launch at 9:30am for a 40 mile easy pace mountain bike ride to Leonard & back. Pack a snack as there are no restaurants in Leonard.

Sunday 11/16

Meet Doug MacDermaid at the Duck Pond in Rochester at 10am for a 24 mile round trip ride to Canterbury Village(near Lake Orion). The terrain will be Paint Creek Trail & dirt roads. The trip will include a shopping & sightseeing trip in Canterbury Village. The Village has gift shops & restaurants with a Christmas theme, as well as a clock with figurines that appear on the hour. Plan on spending 2-3 hours in Canterbury.

Sunday 11/30

Meet Teddy at Romeo High School at 8am for the traditional pancake breakfast ride to Dryden. 43 mile round trip at a 16-18 pace.

Saturday 11/15 & 11/29

Meet at Warren Raquet Center for Walleyball. The court is rented from 6-7:30. The group goes to dinner after & have visited a variety of restaurants. An open invitation extends to anyone who can't make it to walleyball, but would like to socialize after. Meet them at the raquet center at 7:30.

Sunday 12/28

The LMB is putting on "Sno Ride No Ride." All participants will receive a mug, maps with 3 different routes varying in distance & difficulty, hot showers, home cooking, NO portapotties, fanny bag, & bike bag. The fee is only \$10. T-shirts, long sleeve t-shirts, & sweatshirts will be available for a separate fee. An article about the tour appears in the fall issue of the Michigan Bicyclist magazine. LMB 517-FYI-Bike 1-888-MI-Bikes P.O. Box 16201 Lansing, Mi 48901-6201

cont. from page 1

Shortly Jerry spotted Greg and Bill Windhorst on their bikes riding the course backwards. Greg said Julia should be coming through pretty soon. And there she was, running and talking up a storm with a friend of hers Mauteen (Moe) who had trained and run the entire Marathon together with Julia. Also running with the two girls was another friend Marie, who had jumped in around the 19 mile mark. So here are these three women running and talking and talking and running like they were on a Sunday morning breakfast ride! Moe and Julia were best of buddies and purposely didn't speak to each other on the phone for an entire week before the Marathon so that they would have lots to talk about for the 26.2 mile run!

As we approach the 24 mile mark (now there are four women running and talking), who jumps in as supporters, Julie Windhorst and Marilyn Tarantino. Guess what...now there are six women running and talking! And across the street are more CRR's on their bikes, Pennie & Steve on tandem, Doris Mulligan, Gary Haelewyn, Gary Green and George Z. Talk about a personal escort! Julia was geeked. Someone asked her how she was feeling. Julia said, "Pretty good....no let's just change that pretty good to OK. Yeah, I'm doing OK." Julia asked George if he remembered his first century on a bike? And had he done a double century? She asked if he remembered how his body felt? Julia said, "That

wasn't anything compared to how she was feeling at the time." As we rounded the corner past the 24 mile mark, for encouragement, I told Julia just to remember that the last mile takes care of itself. She was almost there. As the 25 mile mark comes within sight, the bike riders were told they had to get off the course for the last mile. Strange, but it felt like our pace was getting faster. But how could this be? These gals had just run 25 miles, they should be tired and getting slower! Pretty soon Julie W. drops off the back, then Marilyn. I hung on a little longer until we passed the 25 mile mark. Julia, Moe and Marie stopped talking and got real serious. Too serious for me. As they dropped me, I yelled, "Just remember, the last mile takes care of itself!!!"

Julia crossed the finish line in 4hr 19 minutes, right on her scheduled pace! John Kamm completed his first Marathon in 3hr 26 min. And Kick Carolyn who I somehow missed, ran his first Marathon in 3hr 47 min. Hats off to all three of our Clinton River Riders! It is not only an accomplishment to complete your first Marathon, but to complete it in a very respectful time.

A goal of mine is to also run a Marathon, maybe next year. Perhaps Julia could give me some of her training tips? I know one that I will have no trouble with....and that's, just keep talking for 25 miles. Because I KNOW the last mile just takes care of itself!



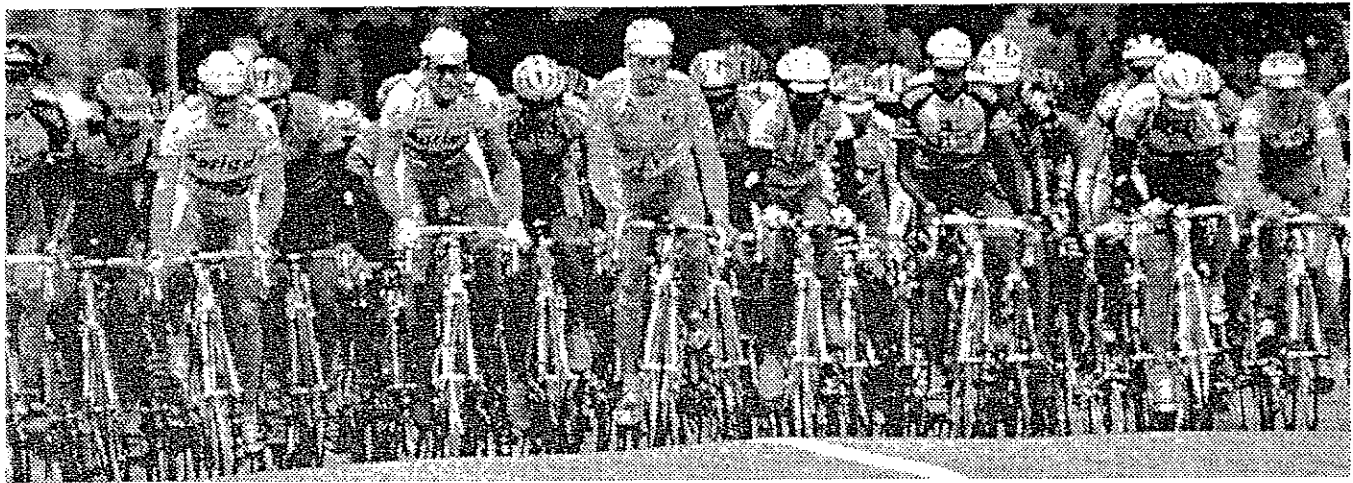
Happy Birthday Birthdays this Month

- 12/3 Tom Lopicollo
- 12/3 David Rumohr
- 12/5 Neal Angst
- 12/5 Becca Batton
- 12/7 Matt Meriwether
- 12/7 Patrick Mootman
- 12/7 Jeff Smith
- 12/7 Kristina Sproul
- 12/7 Sharon Switney
- 12/8 Keith Bartley
- 12/9 Mike Curtis
- 12/12 David Bach
- 12/13 Joe Gentilia
- 12/13 Tom Harrison
- 12/14 Bill Windhorst
- 12/16 Debby Smith
- 12/16 Jason Smith
- 12/17 Linda Goldman
- 12/18 James Schmidt
- 12/19 Brian Rumohr
- 12/19 Marge Skiba
- 12/21 Katie Carolan
- 12/21 Tim Woodby
- 12/24 T.J. Hill
- 12/24 Sheila Jones
- 12/25 Melissa Heck
- 12/26 Steve Angst
- 12/28 Kristin Smith
- 12/29 Don Matthews
- 12/30 Darlene Duskey
- 12/30 Ed Rogers
- 12/31 Eric Feucht

Julia Schultz has expressed her appreciation for all the club support she received upon completing her first marathon.

Wanted

1998 Newsletter Editor. Deb & Sue will be unable to do the newsletter next term. Elections are in February. Anyone interested please apply at the January meeting.



Dale Hughes came to the November Clinton River Rider meeting to explain in more detail about the proposed velodrome to be built.

Dale spoke about Mike Walden & how the first velodrome was built in 1969 at Mound & Outer Drive. He also talked at length about the indoor version that was built in 1976. The velodrome was so popular that Universal Studios used it in a movie. They transported 25 cyclists & the velodrome out to Universal Studios in California. Their actual time in the movie was less than a minute and the movie bombed, but the experience had been a great thrill.

He came with blueprints & a large

color photo for all of us to look at. He talked with emotion as he explained what a difference that Mike Walden had made and how he would like to continue in the footsteps of Mike Walden as far as making things better for the world of cycling.

This idea started as a challenge. Some of the wolverine racers were sitting around whining about how they missed the good times when they had a velodrome. Dale threw out a challenge that if they could raise \$100,000, they could use it as leverage to get a college or business to jump in & fund the rest.

The concern is to get a college or business that has enough land to

build on & that will maintain the velodrome once it is up & running. It will be a track like the one that he built for the Olympics in Atlanta.

Those of you that missed the meeting missed a real treat. There was great emphasis on how the marriage of touring & racing can only help cycling & that without that marriage, it will surely hurt the sport.

The club has already voted to give \$1,000 to the project. There is a good possibility that we will give more, provided our finances are in order.

The energy associated with this project can only be good for cycling. The media attention won't hurt either. Stay tuned for more details.

from the kitchen of Marilyn Tarantino

Potato Soup (from the one potato two potato restaurant)

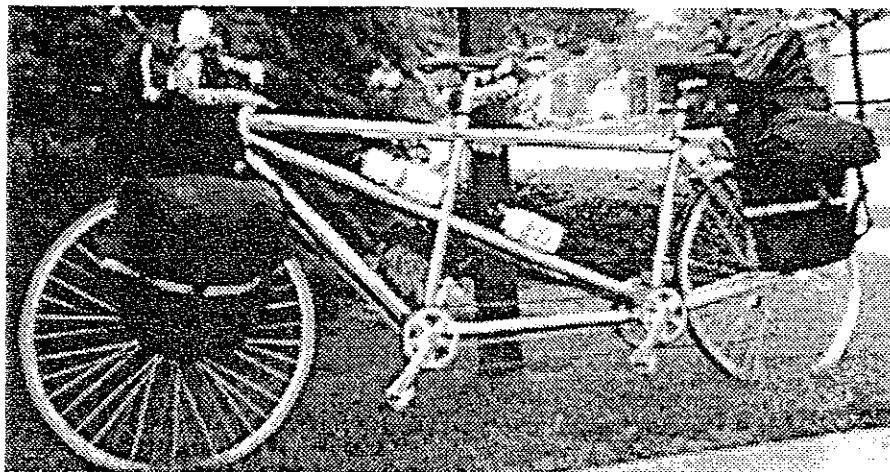
- 1 qt coffee cream
- 1/2 cup butter
- 1 medium spanish onion
- 1 large carrot
- 2 cups celery, diced
- 1-1/2 inch slice of ham, diced
- 20 idaho potatoes, diced
- spices: parsley, salt, white pepper, granulated garlic

Melt butter in large sauce pan. Add onions & ham & saute. When onions start to turn golden brown, add 1/2 of the diced potatoes & 1/2 gallon water. Cook until potatoes are done. Then add the rest of the potatoes, the celery, and the carrots. Season to taste but be careful with the white pepper & granulated garlic. When the potatoes are just about done, add the cream slowly while stirring. Let simmer about 5 min. & serve.

Top Club Miles - Rick Jones - 2280

2023	Gaty Haelewyn	1302	John Tarantino
1696	Gary Green	1262	Julie Windhorst
1556	Bill Windhorst	1257	Sharon Wiseman
1533	Steve Angst	1208	David Komendera
1521	Pennie Morauski	1197	Deb Angst
1518	Patrick Mootman	1178	Darlene Duskey
1504	Sandy Freeman	1141	Doug MacDermaid
1463	Susan Mootman	1141	Art Meerhaeghe
1451	Steve Morauski	1120	William Lejack
1355	Dave Switney	1098	Jerry Battels
1349	Sheila Jones	1090	David Courter
1348	Marilyn Tarantino	1047	Gail Komendera

You must turn in your mileage to Rick Jones or George Zloitro no later than Nov. 30, 1997 to get credit towards the Awards Banquet(Christmas Party) On December 6, 1997!



**This bike belongs to
Jerry & Sue Pavlat.**

**What's wrong with
this picture?**

Just for laughs

This guy goes up to a bar at the top of the Empire State Building in New York. It looks like a pleasant place and he takes a seat at the bar next to another guy. "This is a nice place, I've never been here," the first guy says. "Oh really?", the other replies, "it's also a very special bar." "Why is that?", the first guy asks. "Well, you see that painting on the far wall? That's an original Van Gogh, and this stool I'm sitting on was on the Titanic." "Gee. That's amazing!", the first guy says. "Not only that, but you see that window over there, fourth from the right? Well, the wind does strange things outside that window. If you jump out, you will fall about 50 feet before the wind catches you and you're pushed back up." "No way, that's impossible," the first guy replies. "Not at all, look," the other man replies and walks over to the window, followed closely by the first man. He opens the window, climbs over the sill and falls out. He drops 10 . . . 20 . . . 30 . . . 40 . . . 50

There was a fly buzzing around a barn one day when he happened on a pile of fresh cow manure. Due to the fact that it had been hours since his last meal, he flew down and began to eat. He ate and ate and ate. Finally, he decided he had eaten enough and tried to fly away. He had eaten too much though, and could not get off the ground. As he looked around wondering what to

from Jerry Pavlat

feet, comes to a stop, and whoosh! He comes right back up and sails back through the window. "See. It's fun. You should try it," he says. "Try it? I don't even believe I saw it!" the first man shouts. "It's easy. Watch. I'll do it again." And with that, he falls out the window again. He drops 10 . . . 20 . . . 30 . . . 40 . . . 50 feet, comes to a stop, and whoosh! He comes right back up and sails back through the window. "Give it a try, it's a blast," he says. "Well, what the heck, I'll give it a try," the first man says and continues to fall out the window. He falls 10 . . . 20 . . . 30 . . . 40 . . . 50 . . . 60 . . . 70 . . . 80 . . . 90 . . . 100 feet and splats! He ends up as road pizza on the sidewalk. After watching the first man fall to his death, the other guy casually closes the window and heads back to the bar and orders another drink. The bartender arrives with the drink and says, "You know Superman, you're a real jerk when you're drunk."

do now, he spotted a pitchfork leaning up against the wall. He climbed to the top of the handle and jumped off, thinking that once he got airborne, he would be able to take flight. Unfortunately he was wrong and dropped like a rock, splatting when he hit the floor.

The moral to the story is:
Never, never fly off the handle
when you're full of crap.

Club ID Cards

Identification cards are available for any club member at club meetings. See Greg Schultz. 10% discount will be given at participating stores.

Participating Bike stores:

- Prestige Cycles
36558 Moravian
Clinton Twp. (810) 792-4040
- Cycle & Fitness
1109 S. Washington
Royal Oak (810) 542-7182
- Pointe Cycle & Fitness
20343 Mack
Grosse Pte. Woods (313) 886-1968
- Mountains of Bikes
42201 Garfield
Clinton Twp. (810) 412-0500
- Antoons
42918 Schoenherr
Sterling Heights (810) 247-9240
- Sterling Schwinn
2169 Metro Pkwy
Sterling Heights (810) 979-7570
- 878 S. Rochester Rd.
Rochester (810) 652-1555
- Big Ralphs Schwinn
23521 Nine Mile
St. Clair Shores (810) 772-3258
- Macomb Schwinn
28441 Schoenherr
Warren (810) 756-5400
- Stoney Creek Schwinn
58236 Van Dyke
Washington (810) 781-4451
- Main Street Bicycles
112B South Main St.
Romeo (810) 336-1177
- Anchor Bay Bicycles & Fitness
35241 23 Mile Rd
New Baltimore (810) 725-2878
- Continental Bike Shop
23262 John R.
Hazel Park (810) 545-1225

HARLEWYN, GARY, JAN & FAMILY
41706 MERRIMAC
CLINTON TWP., MI 48038

