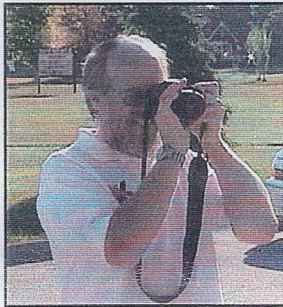
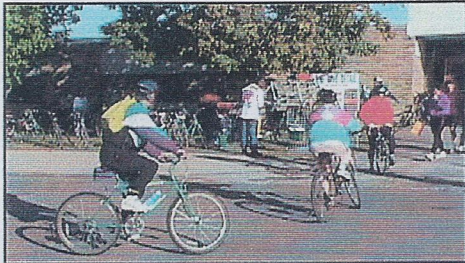


Rambler

November/December 1998



BWR 1998

VOLUNTEER
BILL DUEMLING

The 1998 BWR Publicity Committee would like to thank the following sponsors for their support:

Prestige Cycles in Clinton Twp. put together all the repair packages for our sag drivers. Patti & Stoker (the dog) came in the "Patty Wagon" to do last minute repairs for the BWR riders. Prestige also provided the 'Staff' sweatshirts for all the CRR club members as well as for the Radio Club.

Anchor Bay Cycle & Fitness provided the BWR rider numbers. Anchor Bay is a new sponsor for 1998.

Continued on page 8



Ever experience something good, I mean really good and want to share it with others? You tell them about it but it doesn't quite come across as good as when you experienced it. So then you show them. And WOW! You can tell by the look on their faces that yes, they got it. And then they try telling someone else how it felt and the whole experience keeps getting repeated.

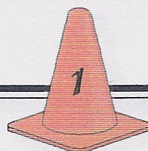
The experience we have, and try sharing with others, is cycling. What a wonderful pastime. There is so much to the sport that the

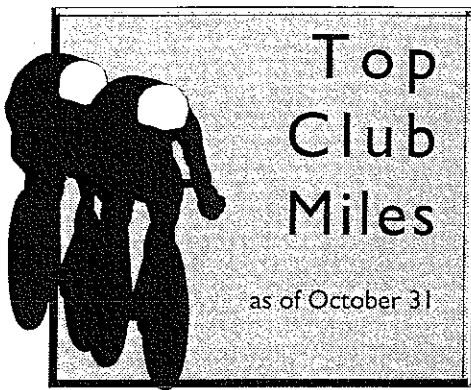
more you do it the more the aspects of it open up to you. Kind of like when you were a kid and went on your first ride. It opened up a whole new world of adventure to you. Cycling makes us happy both physically and mentally and we want to share it with others so they too can enjoy that happiness.



VOLUNTEER
JOHN
TARANTINO

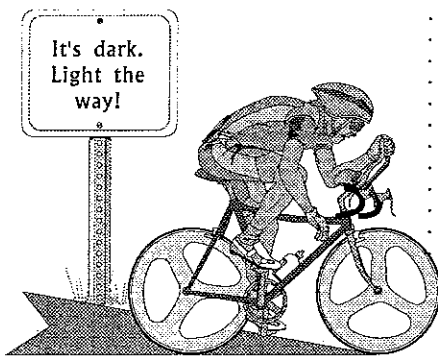
Continued on page 8





These are miles ridden on club rides. Personal miles are not included on this list. Following are the top 25 finishers to date.

01 Sandy Freeman	3920
02 Rick Jones	3065
03 Will Lajack	2710
04 Jane Benard	2574
05 Patrick Moorman	2416
06 Susan Moorman	2230
07 Gary Haelewyn	2116
08 Steve Angst	1943
09 Art Meerhaeghe	1874
10 Sheila Jones	1870
11 Gary Green	1839
12 Mike Pressley	1660
13 Jerry Bartels	1588
14 David Komendera	1535
15 John Tarantino	1534
16 Jim McKinnie	1465
17 Mike Freeman	1391
18 Bill Windhorst	1386
19 Doris Mulligan	1349
20 Debbie Angst	1325
21 Steve Morauski	1293
22 Rich Dyer	1286
23 Tom Graham	1248
24 Marilyn Tarantino	1160
25 Bill Duemling	1153



C R R R i d e s

Tuesdays

Cranbrook Ride

Ride to Cranbrook from Cycle and Fitness (on Washington in Royal Oak) at 6:30 p.m. with Rick Jones or Will Lajack. Lights required!
Pace: 14-16; Miles: 25

Wednesdays

Stony Creek Ride

Join Gary Haelewyn at Stony Creek for a mountain bike ride. Meet him at 5 p.m. at the boat launch. Lights!

Thursdays

Metro Beach Morning Ride

Meet Rich Okerhjelm at Prestige at 9:30 a.m. for a morning ride to Metro Beach.

Pace: 16-18; Miles: 25

Nonstop Mountain Miracle

Art Anderson will lead you on a 40 mile, 4 hour mountain bike ride from the Stony Creek boat launch. New time! Show up at 1:30 p.m.

Night Rambler

Bill Baker and Bill Duemling lead a ride from Prestige at 6:30 p.m. May use paths and roads. Wear appropriate clothing and bring lights with extra batteries.

*Pace: 14-16
Miles: 15-20*

Saturdays

Armada Breakfast Ride

Meet Mike and Sandy Freeman at the Stony Creek boat launch at 8 a.m. for a ride to Armada for breakfast.
Pace: 16-18; Miles: 46

For your riding enjoyment, there will also be a slower group. This group will ride a shorter, flatter route so they can arrive at breakfast with the faster riders. The slow ride will do more miles and ALL the hills on the return trip, just so no one feels cheated.

Pace: 14-16; Miles: 46

Grosse Point Brunch Ride

Meet Jane Benard at 9 a.m. at the Schultz Funeral Home for a ride to Grosse Pointe. Meet afterwards to snack on an early lunch!

Pace: 14-15; Miles: 25

Sundays

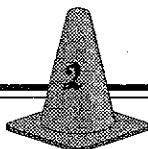
Sunday Surprise

Call Bill Duemling at (810) 752-6310 or Diane Baker at (810) 739-0261 for information on a relaxed Sunday morning (8:30 a.m.) ride of 20-25 miles in the Romeo area.

Dryden Ride

Join Ted Gondert at 8:30 a.m. on Sunday, November 29. Meet at Romeo High.

Pace: 16-18; Miles: 42



Your total miles are requested

At the awards banquet, we will be asking you to guess the total miles ridden by our club members this past year (Dec. 1st to Nov 30th). The person closest to the actual number of miles will win a nice prize. Your guess will be for all miles, not just club miles, so **we need you to turn in your total miles by 9 p.m. November 30.** Call Mike Freeman (810-781-8315) or Will Lajack (810-758-1144) Your total miles will be kept confidential if you request it.

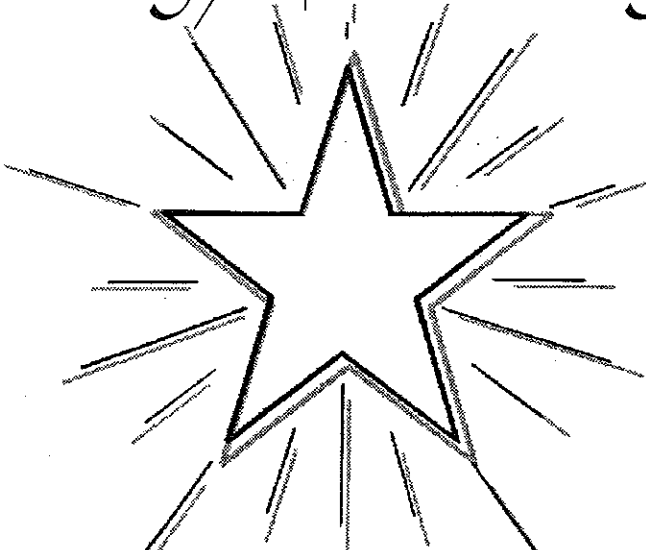
When considered as a group, the total miles we ride every year has a lot of political clout with our legislators when we request their consideration for bike lanes on our highways, bike paths and rail-to-trail development. By letting us know your total miles, no matter how few it may be, you add to the power we have as a group.

Did you ride your first century this year or know a club member who did? Let Mike or Will know as soon as possible.

mileage · humorous awards · snacks · beer, pop · bring your own wine

dinner buffet · awards presentation · highest total

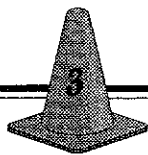
Star light, Star bright --



What awards will be received tonight?

maybe a Santa visit and slide show · Starfire Hall

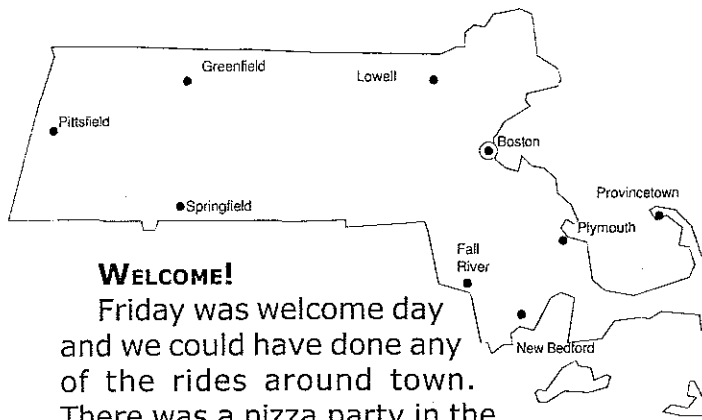
Saturday, December 12 · 6 p.m.



A View of Eastern Tandem Rally 1998

BY DAVE SWITNEY

The 1998 Eastern Tandem Rally was held in Fitchburg, Ma. on August 7,8,9. The Best Western was the base site of this year's rally which really surprised us, as we had been expecting a dormitory excursion.



WELCOME!

Friday was welcome day and we could have done any of the rides around town. There was a pizza party in the evening followed by the ice cream social. Our day was spent getting the bike ready as I needed to replace my stripped excentric bolt. I finally got a replacement Saturday in time for a late start.

THE MAPS

The interesting thing about the rally maps was that we had to depend entirely on the mileage as to when to turn right or left. This did create a few doubts when the roads were unnamed or when we did not see the indicated point of interest.

THE ROUTES

We could choose from seven Saturday rides and three Sunday rides. On Saturday, many people chose to do a long route which they did not realize would only get them to lunch as riders could choose one ride *to* lunch and a different ride *from* lunch. The entire road was covered in trees so that the sun did not bake us. On each route there were many ponds and reservoirs. (As it turns out, this watershed is used for the cities' drinking water, so that the only pollutants allowed are the non-manmade natural kind.)

FINALLY, A DOWNHILL, AND A BIG CHAIR

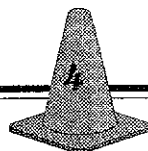
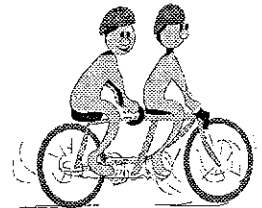
The third turn brought us to our first long downhill. The downhill lasted for about six miles and eventually brought us into the furniture capital of Gardner, Ma. The town square was occupied with the largest chair in the world and many cyclists found themselves perched atop with the proverbial "Smile".

LUNCH PROVIDED A LIFT

Finally, we had made it to the lunch stop at the ski hill. The lodge was opened for our cookout of hamburgers and hot dogs which were not as appreciated as the cool drinks. After lunch, we took the chairlift up to the top of the ski hill and enjoyed the scenic view. Although they were awarding certificates for those who climbed the mountain by bike, we chose not to, although a triple and a tandem without a stoker had accomplished the task with about 10 others.

THE RALLY, OVERALL

The food was very good as breakfast was provided each morning and the banquet was excellent, as well as lunch. Compared to the Midwest Tandem Rally, the Eastern had it hands down in convenience and provisions. We could actually ride "in" the country as opposed to riding "to" the country. The format for this rally is like the Midwest; ice cream ride, a special children's ride with activities, a children's tandem trial ride, adult trial tandem rides, and a banquet with entertainment. We gave up our Friday pizza party to eat lobster and steamers at a local restaurant. Don't ya just love it, the way they say "Ste aa mers"! They must get it from steaming up these hills.



How about a trip from Amherst, Ma. to Stowe, Vt. by tandem and staying in local inns with a return ride by train? Sound exciting? Well, it was.

Sharon and I met 8 tandems and 61 singles in Amherst, Ma. on August 9 to begin our quest. Although the distance would only cover 250 miles in four days, it would be a very scenic and challenging ride for flatlanders.

The climbs varied from 1 to 3 miles and

to divert traffic from the road.

The bicyclists were allowed to pass and further up the road, we were diverted around a fatal accident between two Mustangs and a truck cab. Parts were scattered everywhere.

We eventually ended up in Saxton River which was the first inn stop for some people. Others had to ride another 9 miles to Rockingham which we did. We couldn't wait to rest in the air conditioning, which put us



the downhills were 3 to 6 miles. There were four to six climbs which proved to be very challenging. Extra riding excursions would provide additional climbs, if you wanted, which we didn't.

August 9 was the meeting day at the UMass college and maps were provided for local riding. After breakfast at the college, the mass start of 12 people began at 8:30 a.m. We had waited until then, but realized that everyone else was leaving as soon as they got ready.

The first 17 miles followed the flats along the Connecticut river into Turner Falls. The next section provided a few hills which eventually opened into the valley with the river alongside of the road. This valley contained an old established lumber mill.

As we approached a huge hill out of the this picturesque scene, we were glad to find out that we were to bear right onto the valley floor. However, barricades were set up

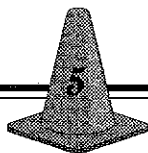
to sleep.

We started by 7:15 a.m. the next morning from Rockingham to Quechee Gorge in a light rain which turned into heavy rain by the time we stopped for breakfast 10 miles down the road.

The next climb proved to be quite a challenge, as we pushed along for at least 3 miles. We discouraged each other from looking too far ahead and tried to take in the slow scenery of trees.

I needed to reward my stoker for such a fine push and the fact that we had passed up many site stops, so we pulled into "Sweet Surrender Bakery". We rewarded each other with cranberry and zucchini bread cakes and purchased apple crumb cake and a brownie for later.

NEXT, DAVE AND SHARON VISIT PLYMOUTH AND ARE LATER MET WITH SURPRISE. WATCH FOR THE CONTINUATION OF THEIR STORY IN THE NEXT EDITION OF THE RAMBLER.



Believe and achieve

BY JULIE WINDHORST

I would like to dedicate finishing my first marathon to my very good friends Coach #1 Marilyn Tarantino, Coach #2 John Tarantino and when Coach #1 and #2 were not around Coach #3 stepped in, my best friend and very supportive husband Bill Windhorst. Without my coaches I could not call myself a "marathon runner."

In October 1997 after jumping in and running with Julia Schultz for two miles in the Free Press Marathon, I got very inspired and believed that I, too, could achieve running my first marathon. I pondered over the idea for two weeks and then said to my very supportive husband Bill "You may think I'm crazy but I think I want to try

and attempt running the 1998 Free Press Marathon". Bill's take of this crazy idea was "If you think you want to attempt this just remember it is a very big commitment and a lot of hard work and dedication and my advice is once you start, you shouldn't quit, and one last thing, it won't be easy". I thought, that's okay I'm up for the challenge.

Now who will coach me and teach me how to be a marathon runner? Of course! John and Marilyn Tarantino. They are runners, they are strong, and they know nutrition. My phone call to Marilyn was a very positive one. Marilyn was up for the challenge but did caution me as Bill did. "It's a big commitment and

once we start you would not be allowed to quit." November 1st, 1997 the first workout and stretches began.

We started by running on a treadmill 3.30 miles at 5.5 miles per hour. I felt like I was going to die. I only lasted 3.13 and collapsed. I knew then that this was not going to be an easy challenge. The workouts were hard enough and to top things off, in January 1998 the Coach put me on a weight watcher diet. The diet by far was my biggest challenge. I started out weighing somewhere in the neighborhood of 148lbs. and dropped to a healthier 134 by race day. I wasn't alone on the diet. Coach Marilyn went on it and so did Laurie Brickner and Doug MacDermaid. Well, it was only fair if Laurie was coming over my house to do workouts during the winter with us then she should join our insanity and

BY
SUE PAVLAT

It appeared that our beautiful Indian Summer came to an abrupt end on October 18th for Julie Windhorst and Marilyn Tarantino. Together on foot at 8am, they left

Windsor, Canada for the longest run of their lives, the International Free Press Marathon, at the beginning of a nasty wind and rain storm that would last most of the morning. The rain came down hard and the winds picked up to gusts of 25mph. But that didn't dampen the spirits of these two



Puttin' on a race face

Clinton River Riders. They were on a 26.2 mile mission. A mission to make it to the end. A little rain and wind wasn't going to stop these two gals.

They had been training for this event for a year and they

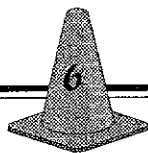
knew what they had to do.

As the girls left the Windsor Tunnel and entered Detroit, they were met with their 'personal escorts' on bicycles by Bill Windhorst, his brother Don, and Slow Spoke Kevin Degan on this three wheeler. There's an old

saying and belief among racers that you 'have to run your own race'. And it's accepted among friends, that even though you start out together, if one feels a little stronger than the other, it's ok to go on at your own pace and 'do your own thing'.

Waiting on foot at Belle Isle with approximately 8 miles to go was John Tarantino. He jumped in to run along with Marilyn and was told that Julie was only a short distance back with her entourage of bicycle buddies. Jerry and I had parked the van between the 23 & 24 mile mark, jumped on the tandem and started riding the course backwards looking for Marilyn & Julie.

I had a backpack full of dry shirts, jackets & vests to give the girls. Just past the 22 mile



Part I of a special running feature

of course if Laurie went on the diet, it was only fair that Doug go on it too.

Our support of phone calls to one another and our dining at Friar Tucks paid off. We all lost weight. Of course Doug lost the most (It figures men always lose weight more quickly than women!)

Marilyn taught me how to run, what to eat, and John taught me how to run faster and Bill kept an eye on me when the Tarantinos weren't around. That is how I achieved the nickname of being the "problem student"! When I would cheat at a dinner outing without "The Coaches", the standing humor was "hello Marilyn", and you all know who you are attempting to tattle on me. We all got many laughs out of that.

With our base down now, the serious running began in May 98. The coaches designed a

marathon running schedule for me, which seemed easy enough on paper. With the increased mileage and the purple neutral running shoes I was wearing, I developed an injury in late August called plantar fasciitis (arches always hurt) which only goes away after several months of not running. What a disappointment this was but with ice and new shoes, I was back on track.

The heat would really take its toll on me. To conquer the heat

I got this great idea that I would get up at 4:30 or 5:00 in the morning and pound the pavement before going into the office. It worked and of course my wonderfully supportive husband got up with me and rode his bike alongside me with the Vista lights on. The maintenance runs were done during the week, running anywhere from 6 to 11 miles twice a week. Speedwork (which I just dearly loved to hate) was done on Wednesdays.



FINISH TRAINING WITH JULIE AND SEE THE RACE FROM HER PERSPECTIVE IN THE NEXT ISSUE OF THE RAMBLER.

Photos by Debbie Angst

LOWER LEFT: MARILYN TARANTINO
UPPER RIGHT: JULIE WINDHORST

mark, we saw Marilyn & John. As we pulled up beside them, Marilyn asked for my hand to give her some strength. As we held hands, I told her it was just like climbing Big Sur last year out in California, that she was almost at the top.

The rain finally stopped. Marilyn rounded the corner and was now heading straight into a strong head wind. She declined the warm clothing in my backpack and didn't want to talk anymore. She was very focused and along with her tank top, bare arms, and running shorts, she was now wearing her race face. She just passed the 23 mile mark and had only 3.2 miles to go. We saw Greg and Julia Schultz on tandem on the other side of the street. They were in search of Julie.

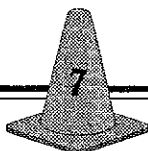
Marilyn told us to go find Julie and for me to run with her. Julie was looking forward to running the last few miles with someone. Marilyn had John to finish up the home stretch with her.

Jer and I turned the tandem around in search of Julie. It was not a very pleasant day with 25mph headwinds and the cool dampness the rain had left hanging in the air. Jer said that he wouldn't have wanted to ride his bike 26 miles in that weather, let alone run 26 miles in it.

In between the 22 and 23 mile mark, we saw Greg and Julia on the side of the road waiting for Julie. Julia had strapped her helmet and cycling

shoes on the tandem and was patiently waiting in her running shoes. Julia had registered to run again this year in the Marathon. But due to a very common running injury, it was to her best interest to sit this year out, although Julia felt she could handle at least four miles. I jumped off our tandem and was ready too. This left Greg and Jerry 'stokerless'. Humm....wonder if any runners would make an offer to jump on the back of those tandems???

CATCH UP WITH JULIE AND HER ENTOURAGE FOR THE LAST LEG OF THE RACE IN THE NEXT ISSUE OF THE RAMBLER.



Continued from page 1

This is why we, the Clinton River Riders, each October for the past 17 years have put on the Blue Water Ramble. It's our way of giving other cyclists an experience so pleasing they can't wait to tell others about it. They may tell their cycling friends and they may also tell some non-cycling friends. It may be all that's needed to get those non-cycling friends into the sport and into enjoying the experience. Passersby during the ride see all these cyclists out enjoying the sport and say to themselves, "I'd like to try that someday". Maybe our ride has motivated some of them to get on their bikes and try riding again, rediscovering those old adventures from years gone by.

You won't know who it was, but someone saw our ride, went home, got an old bike out of the garage, cleaned it up, rode it down the street, (hopefully wearing a helmet), and recalled what it was like when they first hopped on a bike many years ago. And perhaps the realization hit them and a few years from now they'll be attending one of our meetings, signing up to help share the experience with others.

Congratulations club, you've done another fine job promoting a great sport and experience.

--Gary Haelewyn, BWR Chair

Continued from page 1

Cliff Bars donated 1500 energy bars to all the BWR riders (around \$2000 in bars!)

Steve Schmelzer, owner of Motor City Collision in Eastpointe on 9 Mile Rd., picked up the tab for the 'Hot Air Balloon' that all the BWR riders love. Steve is the son-in-law of Doris Mulligan.

The Publicity Committee is very grateful for the donations from our four sponsors. Our sponsors donated over

\$3000 to the BWR. We ask the CRR's to please remember, support and recommend our sponsors. Sponsorship is not easy to come by. Let's give back to them what they gave to us.

And a special thanks goes out to Buck Switzer and his radio crew from the Port Huron Area Repeater Team. They made the day run as smooth as a well lubed bicycle chain with their radio communications.

Help MUTS with MTR '99

BY BEV CLARK

The Michigan United Tandem Society — MUTS — is a loosely organized pack of Michigan tandem enthusiasts that has no officers, only coordinators.

MUTS publishes the newsletter, the Barks Bulletin, 8 (or more) times per year, which includes news items, tandem advocacy information, listings of MUTS rides, notices from members and other relevant info.

Contact the Vandenberghs for a sample copy of the newsletter, and they'll include details on how to join MUTS. With the Midwest Tandem Rally '99 planned for Midland, Mich., MUTS is bound to be more and more

active in the coming year!

Speaking of which: The MTR '99 planning committee is being led by Lew and Renae Pavlovich (2895 S. Fenmore, Merrill MI 48637). Sub-committees are still being formed and volunteers are being recruited. Contact Lew and Renae or MUTS to get into the information loop.

MUTS has recently had a change in leadership. The new leaders are:

Keith & Elane Vandenberg
3442 4th Street
Wayland, MI 49348
(616) 792-6324

kvanden@accn.org
Website: www.accn.org/~kvanden/MUTS

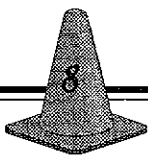


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Interaction



CRR Website:
www.lmb.org/crr/

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LMB WEBSITE:
www.lmb.org

LAB WEBSITE:
www.bikeleague.org

PRESTIGE CYLES:
www.prestigecycles.com

Press Box: slide show photos, treats, a word count

Well, here it is. I know you've waited a while for it, so I hope you have enjoyed reading about the marathon runners and bicycle tours members have taken.

Now take a moment to fill out the awards banquet form on the next page. The awards banquet has featured a slide show **Sue Pavlat** puts together. She does a beautiful job. Unfortunately, she is short on photos this time. There may not be a slide show. Please **send your photos to her** as soon as you read this. And I am sorry it is not sooner.

I take pride in my work, and this issue is pretty big, so it has taken a while. In my single days and before I got my new, stressful career job, I used to work on the newsletter until midnight and eat cereal for dinner to save time. I doubt my new husband would enjoy dining alone. I hope you understand. Okay. I'm done. Just **be sure to send photos of your bike trips to Sue Pavlat** right away, and hope that it's not too late.

Thank you to Doris Mulligan for bringing the treats to the November meeting. *Treat suppliers for December are Dave and Gail Komendera.* Also thank you to the newsletter contributors. Your stories are always welcome. But please limit your submissions to no more than 550 words. Your editor is exhausted trying to make everything fit and be displayed in a visible type! Thanks!

Clinton River Riders

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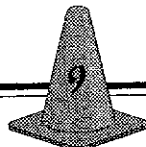
Next Meeting:

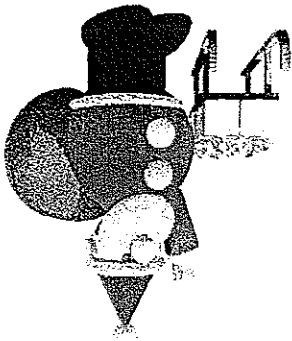
December 7

@ 7 p.m.

Mt. Clemens Recreation
Center, 300 Groesbeck
(next to the ice arena)

Jan

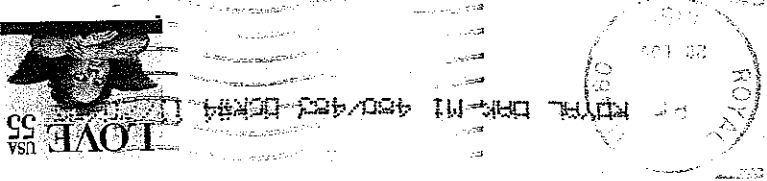




Gary Haelewyn
 Jan Haelewyn
 41706 Merrimac
 Clinton Twp MI 48038



36558 Moravian Clinton Twp. MI 48035



1998 CRR Awards Banquet Reservation Form

Name _____ Age if 12 and Under _____

Total # Attending: _____ @ \$20 per adult _____
 _____ @ \$10 per child _____
 _____ under 13 _____

Total Paid \$ _____

Make check payable to:
 Clinton River Riders

Mail reservation form by
November 28 to:
 Laurie Brickner
 39818 Edgemont Dr.
 Sterling Heights, MI 48310

Starlite Hall is located on Groesbeck just south of the Mt. Clemens ice arena and our meeting place.

Please note: Any BWR volunteer - club member or not - is eligible for full reimbursement of ticket. In order to receive your check back, you must first turn in this form with your check and show up to the banquet. If you do not come to the banquet, you will not get your check back.

