

# Rambler

November/December 1999

**Wallyball**  
Open wallyball at Maple Courts every Friday from 6-8 PM. Cost is \$7.00, which includes towel, locker and key. Maple Courts is on 15 Mile Rd. (Maple) between Livernois and Crooks. Dinner afterwards. For more info, call Ken or Cindy Rosiek (248) 541-0861. Begins on Friday November 19, 1999.

**"Future History" Tours**  
Starting in January on every other Sunday dates will be set to go to the following 3 museums.

- 1) Spirit of Ford which is the new very interactive museum across from the Henry Ford Museum.
- 2) The new Walter P. Chrysler Museum in Auburn Hills. Interactive & car displays.
- 3) The Motown Museum (guided 45 minute tour) Prices & details, dates and times will be passed out at the Awards Banquet or call Bill Windhorst at (810) 939-6073

## *1999 National Senior Games at Disney World, Florida*

### **By Sue Pavlat**

Here's a quote from the Opening Ceremonies at the Parade of Athletes:

"It's not so bad getting old, as long as you stay young doing it".

The 1999 National Senior Games were held at the Wide World of Sports Complex. Four Clinton River Riders headed to Disney in Orlando representing Michigan in their age divisions. Art Meerhaeghe played three-on-three basketball. Unfortunately Art's team was eliminated in their third game.

Jerry Bartles competed in 4 cycling events. Even though he had excellent times, he was unable to medal as his age division 60-64. It is the toughest!

His times were:

5K Time Trial 7:21-13th place

10K Time Trial 14:19-13th place  
20K Road Race 28:32-10th place

15th place in the 40K Road Race.

Jerry Pavlat competed in 2 cycling events and won ribbons for placing.

Considering he had two knee operations this year, this was a great come back.

5K Time Trial 7:09-5th place

10K Time Trial 13:46-4th place

Sue Pavlat (who doesn't consider herself a senior because she can't collect social security yet) competed in 2 cycling events and a running event:

5K Run 26:10-7th place ribbon

5K Time Trial-8:00-Silver Medal

10K Time Trial-15:18 Silver Medal.

If I was in the 60-64 age category, those silver medals wouldn't exist. They would have been 5th place!

Jerry Pavlat's Mom, Mickey at 81 won a Bronze Medal in Tennis

(Continued from page 1)

won a Bronze Medal in Tennis Singles. Unfortunately she and her partner were eliminated in their first game in Tennis Doubles.

Antoon Hueghe (age group 65-69) from Antoon's Bike Shop competed in 2 cycling events. He also had excellent times, but was unable to medal. Guess the older we get, the faster we get! 5K Time Trial 7:29-11th place 10K Time Trial 14:31-14th place. It was a real inspiration just being there. There was a 99 year old man in a wheel chair that competed in Archery. We watched 2 men in the 90-94 age category battle it out in Tennis Singles for the Gold & Silver Medals. They each had a set and had to go into a sudden death shoot out. And then there was 81 year old Charlotte Baker from Mt. Clemens who drove down to Orlando by herself, competed in the cycling events with no one to cheer her on, won her medals & ribbons, then drove home by herself. But the real hero of the cycling events was the lady in the 84-89 category, wearing her knee socks on an upright handlebar bike that had a huge "RENTAL BIKE" sign on it. She was the last one in the 40K Road Race with three police cars following her, and their lights all flashing. She got a big cheer as she crossed the finish line!



**We are taking orders for the club's heavier weight jacket. Sizes are normal. The cost is \$60 and for club members only. Sizes are XS, S, M, L, XL, XXL & XXXL. Please send your deposit for \$35 to Sandy Overway 7270 Wellington Pl. Washington, MI. 48094 by Dec. 15. Thanks!**

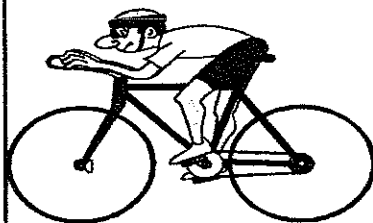
#### MEETING MINUTES

At the November 1999 CRR meeting, club members voted to stop publishing the meeting minutes in the Rambler. If you would like a copy of the minutes please call or email Darlene Duskey with your request.

Remember, nominations for the year 2000 board will be taken at the January meeting. The club needs you!

## Year End Top Club Miles

*Annual Bike Miles*



Please turn in your annual bike mileage (December 1, 1998 through November 30, 1999) by 9:00 P.M. November 30 to Will Lajack at (810) 758-1144. We need your miles for our club total even if you are not an *overachiever mileage junkie*. You can also mail your annual total to me at 3446 Berkshire, Warren MI 48091.



# CLUB RIDES



Call the Hotline for Updates  
(810) 819-0222

## Recurring Rides

(More details on each ride can be obtained by calling the ride leaders below)

**Note: Many ride have earlier start times in the fall. See below. Bring lights and reflective clothing to rides.**

### Tuesdays

#### Prestige AM Ride

9:00 AM. (Note time) Tuesdays and Thursdays Ride to Metro Beach from Prestige Cycles on Moravian near Garfield with Rich Dyer 35 miles, 17-19 mph. (810) 286-3023.

#### Prestige Ride

Ended for season.

### Wednesdays

Ride your mountain bike with

Gary Haelwyn from the Stony Creek boat launch at 5:30 P.M.

### Thursdays

#### Prestige AM Ride

See Tuesday.

6 P.M. Ride

Ride with Bill Duemling from Prestige Cycles (note change in meeting place) for 20-30 miles at 14-16 MPH pace. Route will vary. Need head and tail lights.

### Saturdays

#### Armada Ride

8 AM. Ride with Sandy Overway (810) 781-8315, or John Tarantino or Bruce Carlson to Armada for breakfast while the weather remains good. Meet at the Stony Creek boat launch. Total mileage is 45 miles. Pace: 16-18 mph.

#### Grosse Point Ride

(Starting Oct. 23)

9 AM meet Jane Bernard at Schultz Funeral Home, 8 1/2 mile and Gratiot for approx. 30 mile ride at 14-16 MPH pace. Breakfast (or lunch) after the ride. This ride will continue through the winter, although it will be cancelled on days where pavement is icy or snow-covered.

### Ride Events

(Also Check Hotline)

Sunday November 28 and December 26. Ride to Dryden for breakfast with Ted Gondert.

Meet at Romeo High School at 8:30 AM (32 Mile Rd. west of Van Dyke). 42 Miles, 14-16 MPH or 16-18 MPH. Menu choices are sausage on 11/28

and ham on 12/26. No turkey leftovers!

### Wallyball (Non-Cycling)

Saturday November 20, possibly on November 27 at 6PM, Wallyball at the Warren Raquet Center for 1 1/2 hours. Dinner to follow at 7:30 PM. For info call Diane Baker (810) 739-0261

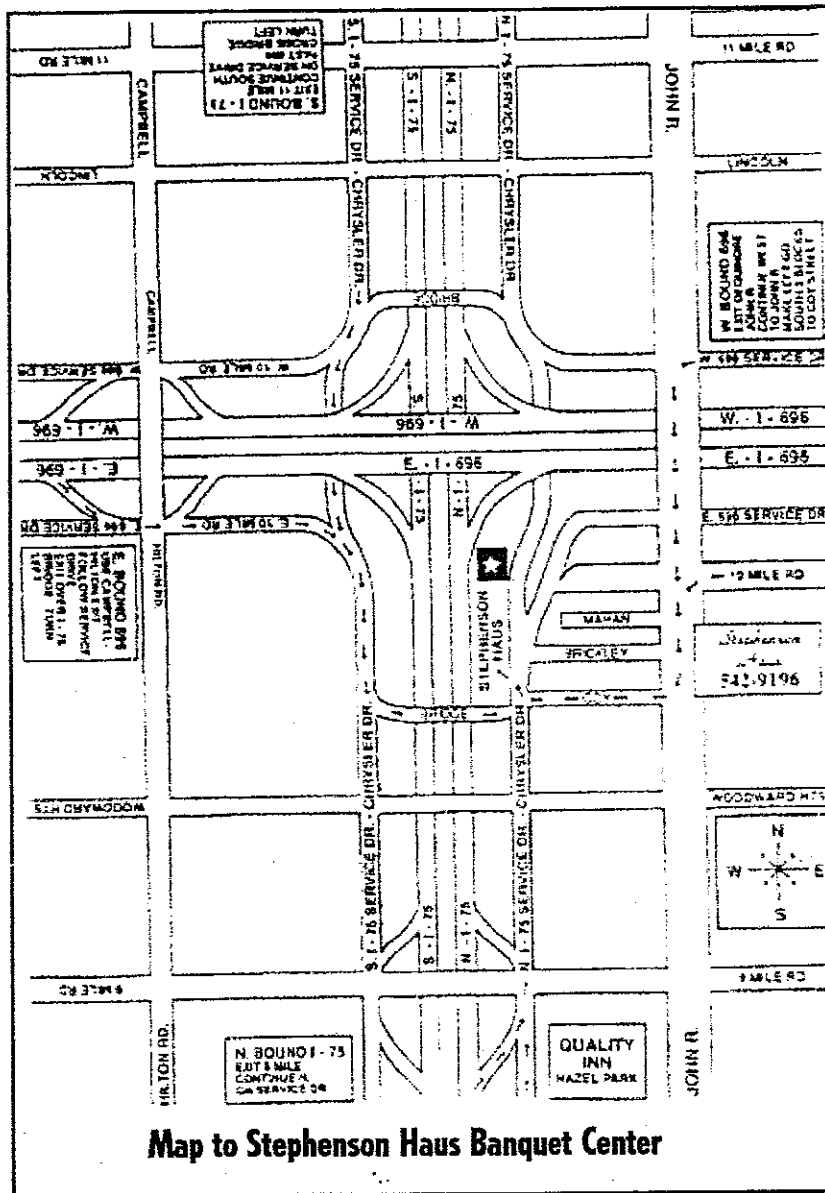
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Love is...



... having fun doing things together.



**Map to Stephenson Haus Banquet Center**





**Thank you!**

I want to thank everyone that supported me during the marathon, October 17., especially my husband, John, for understanding and encouraging me; Julie Windhorst, for making my long training runs tolerable by running part of it with me and riding her bike next to me the rest of the way, keeping me company and making sure that I "behave"; Cathy Osip, training with me (even with a broken wrist) and running those last terrible miles at the marathon....thanks for your patience; Debbie Angst for being the photographer...you capture priceless memories. Also all the CRR that came down to cheer us on! It was great to see familiar faces and for all the good wishes and congratulations that I received. I could not have done it without all of you!

Marilyn Tarantino

**AWARDS BANQUET**

The Awards Banquet will be subsidized by the club for people that worked the BWR, but all those who would like to attend must send in a check by December 6, for \$20.00 per adult. The check will be returned to you after the banquet.

## Club Discounts

Identification cards are available for any club member at club meetings. A 10% discount has been given at the following stores. To avoid disappointment, please check with the store to verify participation.

### Prestige Cycles

36558 Moravian Clinton Twp. (810) 792-4040

### Pointe Cycle and Fitness

20343 Mack  
Grosse Pte. Woods  
(810) 886-1968

### Mountains of Bikes

42201 Garfield  
Clinton Township  
(810) 412-0500

### Antoon's

42918 Shoenherr  
Sterling Hts.  
(810) 247-9240

### Big Ralph's Schwinn

23521 Nine Mile  
St. Clair Shores  
(810) 772-3258

### Macomb Schwinn

28441 Schoenherr  
Warren (810) 756-5400

### Stony Creek Schwinn

58236 Van Dyke  
Washington (810) 781-4451

### Main Street Bicycles

112 B South Main St.  
Romeo (810) 336-1177

### Anchor Bay Bicycles

35214 23 Mile Rd.  
New Baltimore  
(810) 725-2878

### Continental Bike Shop

23262 John R  
Hazel Park (248) 545-1225



### Editor Email (NEW)

[martusbaeh@home.com](mailto:martusbaeh@home.com)

### CRR Website

[www.lmb.org/crr/](http://www.lmb.org/crr/)

### LMB Website

[www.lmb.org](http://www.lmb.org)

### LAB Website

[www.bikeleague.org](http://www.bikeleague.org)

### M.U.T.S and Midwest Tandem Rally

[www.accn.org/kvanden/muts/mtr/](http://www.accn.org/kvanden/muts/mtr/)

## YOU can be part of Youth Cycling By Nancy Duemling

Anybody out there want to help train the next generation of cyclists? 4-H, the national organization most of us equate with farm animals, is unveiling a new program for youth cycling this coming spring. If you don't care to run your own club (believe me, it's work, and I speak from experience), you can just head up a bicycling project within an existing club. It just so happens I know a leader who would love to add this to her club's offerings-me!

The new program will be introduced at a workshop on April 29-30, 2000 at Kettunen Center, the 4-H conference site near Tustin. You must BYO multi-gear bicycle and an ANSI or SNELL approved helmet. There are costs associated with attending, usually in the \$30 range, but that includes meals.

I believe the leader can set the time commitment-weekly, monthly, biweekly. Also, the project could last for a few months and hold frequent meetings, or meet monthly and last the entire year. You can customize to your schedule. The program would cover bicycling safety and basic repair and maintenance. In past years, some counties had cycling programs that pedaled to Exploration Days, the annual 4-H conference held at Michigan State University in June.

You would need to become a certified 4-H volunteer, which does require one training session and a background check. Please consider giving some time to promoting our favorite hobby to the young people of Macomb County. If you are interested, give me a call at 752-6310.

## New Members

New Club Members  
From 8/8/99-9/12/99

H. Wayne Graham  
Kenneth & Julie Kay  
Patricia Leslie  
Jeff Maddux  
Alan VanderGraaff



### Nov.

Geraldine Prost	11/4
Ann Patronik	11/5
Kristen Kramer	11/11
Vicky Sprecher	11/23
Linda Weber	11/23
Mimi Gendreau	11/24
Glenn O'Connor	11/24
Fred Quinn	11/28

### Dec.

Rick Moorman	12/7
Denise Gutek	12/11
David Martus	12/12
Bill Windhorst	12/14
Tim Woodby	12/21
T.J. Hill	12/24
Sheila Jones	12/24

### Jan.

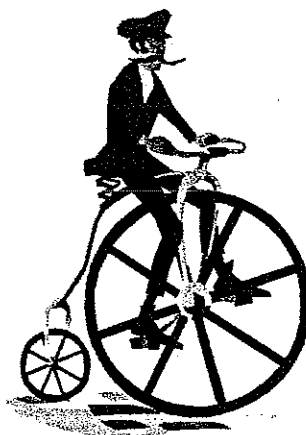
Denise Kosen	1/2
Karen Okerhjelm	1/3
Len Redmond	1/3
Karen Redmond	1/7
Nancy Martinez	1/12
Anna Haase	1/23
Jack Giannosa	1/29



ADVENTURE  
CYCLING  
BIKEQUOTE

*"Variable gears are only for people over forty-five. Isn't it better to triumph by the strength of your muscles rather than by the artifice of a derailleur? We are getting soft. Give me a fixed gear."*

— Henri Desgrange, 1903



## Want Ads

**Santana Tandem for sale:** 1994 Santana Visa, Med. Frame, seafoam green w/ white trim. Shimano XT components, S y n t e c mustache front bar w/ bar end shifting, Sun Chinook rims w/ WheelSmith spokes & Continental tires, Rear V brake, Dual Avocet computers, four bottle cages, Blackburn rear rack, Leather gel front seat, Tailbones gel rear seat, Zefal HPX pump, Stoker handlebar mirror. Asking \$1800. Call Doug McDermaid (248) 593-9113

**Trek 400 Road Bike**, red 19" steel frame, very good condition. \$150.00 Call Jay at (248) 360-4792

**Trek 850 Mountain Bike**, gray 18 steel frame, very good condition, \$150.00 Call Doug or Laurie at (810) 939-4670



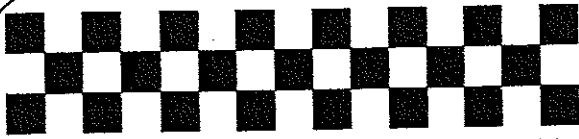
**Vision VR42 Recumbent** (1997 Model). Above seat steering. Very low miles, like new. \$1600.00

**Night Rider Classic 12/20/32 watt dual beam system.** New in box. \$155.00

**Terry Men's Liberator Saddle.** Just two rides. \$25.00

**Wanted!!! Cinelli Volare SLX Saddle.** (Came on bikes in the mid '80's with Nuovo Record and Superbe Pro Class components.)

For above call Bruce Carlson (810) 254-9322 or email bicarlson@juno.com



## The Pres 'sez...

I would like to thank all the members who joined the Macomb Orchard Trail group. At the last club meeting we had about 25 members join. I want to offer the same opportunity for members who haven't joined.

This Rail to Trail, which goes from Shelby to Richmond, is important to the future of cycling in northern Macomb County. Paid membership is very important at this time. The group will be approaching the Macomb County Commissioners in the first week of December. For more information, feel free to call me.

Please return form and check to:  
**P J Tomlian, Macomb Orchard Trail Secretary**  
77017 Omo Road, Armada, MI 48005  
810-784-9811

Name: \_\_\_\_\_ Home # \_\_\_\_\_ Work # \_\_\_\_\_  
(Please print or type)

Address: \_\_\_\_\_ Email \_\_\_\_\_

\_\_\_\_\_ Individual Membership \$10.00 \_\_\_\_\_ Family Membership \$20.00  
Please make your check payable to "Macomb Orchard Trail" and return with your form.

Thank you, **John Tarantino**, President



## Bicycle News from the ADVENTURE CYCLING ASSOCIATION

taken from the newsletter of the Staten Island Cycling Association, Staten Island, NY

### Don't Hibernate

When you look out the window and see sunny, blue skies, you might leap at the chance to go for a bike ride. Exercise doesn't seem as much a chore.

But what happens when you look outside and see gray skies, snow on the ground, and people bundled up in their warmest winter clothing? Suddenly the couch and T.V. look really inviting. You may give in to the hibernation blues, and put off exercise for another day - or the entire season.

Many factors can work together to make people less active in the winter. Not only can winter bring harsh climate conditions, but fewer daylight hours mean less time for outdoor exercise. Also, your metabolism may respond to changes in the light and other environmental conditions by becoming less active.

But giving in to the urge to hibernate can have negative consequences, both physically and psychologically. When you're less active, you have less energy, and you may become depressed. Also, it's much harder to get back in shape after slacking off than it is to maintain your level of fitness.

How do you beat the hibernation blues? Here are some suggestions for staying motivated, with some ideas for getting started. "If you tell yourself that you're going to exercise when you have spare time...you're not going to do it," says Marie Dalloway, a Phoenix-based sports psychologist. Instead, set aside a special block of time for your fit-

ness activity.

And remember, it's better to exercise for a short period of time, say 20 minutes, than not at all. Don't settle for winter sloth, give yourself something to work towards. The only requirement: The goal needs to be meaningful and important to YOU. Keep in mind that the goal should be realistic and attainable, or you'll get discouraged too quickly.

Then use visualization to picture yourself reaching your goals. Before you begin a fitness activity, relax, see your goal, and then begin your exercise, knowing that it's taking you one step closer to success.

If you want to go a step further, keep a fitness log. A fitness log doesn't have to be fancy. You can just write your exercise schedule on a calendar, and check each activity off when you're done.

#### Dressing Right

You've probably experienced one of these two cold-weather exercise nightmares: In the first one, you're shivering, your hands have become blocks of ice, and every breath feels like frosty fire in your lungs.

In the second scenario, you're warm, but you're huddled up in so many heavy layers that you waddle like the Michelin Man, and physical activity drenches you in your own clammy perspiration.

Either way, winter exercise can be a serious drag. But it doesn't have to be. You can create a micro-environment of comfort around your body, using the clothing system advised by certified exercise specialist Frank Fedel. Fedel is a researcher and writer who

has worked with Hind and other companies that develop cold weather clothing.

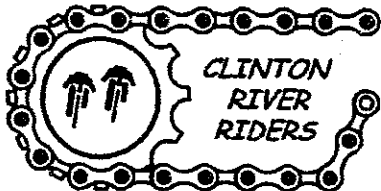
You'll be better prepared for winter exercise if you understand your body's own heating and cooling system. When you exercise, your muscles generate heat. To keep from overheating you perspire, which takes excess body heat with it when it evaporates. The key thing to remember is it's the evaporation of sweat which cools you, not sweating itself. Trapping all that water vapor will raise your body temperature and your heart rate, and you could overheat even in the winter.

The ideal winter clothing system will release your body's water vapor, trap enough body heat to keep you warm, and keep out the wind, snow or rain. Also, it should not restrict your freedom of movement while you run, skate, or ski. The best way to do this is with a three-layer system ...Wicking. ...Insulation ...Protection ...when you put it all together, it's like a house, says Fedel. The inside layer of a house is sheet rock to keep you comfortable and pleasant, there's fluffy insulation in the middle, and the outside is a tough layer of bricks or sheathing to keep out the elements. Good layered clothing becomes your own portable shelter, a climate-controlled micro environment. ■

## ADVENTURE CYCLING

a s s o c i a t i o n

P.O. Box 8308, Missoula, MT 59807  
(406) 721-1776



36558 Moravian  
Clinton Twp MI 48035

### APPLICATION FORM

CLINTON RIVER RIDERS BICYCLE CLUB

\_\_\_\_\_ \$12.50 Individual (over 18)  
\_\_\_\_\_ \$15.00 Family

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone (\_\_\_\_) \_\_\_\_\_  
email address \_\_\_\_\_

Family Names \_\_\_\_\_  
Name \_\_\_\_\_ Birthdate \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

New Member  Renewal

Please make check payable to:

Clinton River Riders  
36558 Moravian  
Clinton Twp., MI 48035

LEAGUE OF AMERICAN WHEELMAN ("LAW")  
RELEASE AND WAIVER OF LIABILITY,  
ASSUMPTION OF RISK,  
AND INDEMNITY AGREEMENT  
("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in The Clinton River Riders Bicycle Club ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I under-

stand the nature of Bicycling Activities and that I am qualified to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISK"); (b) these risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at the time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity.

3. HEARBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Club, the LAW, their respective administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATION.

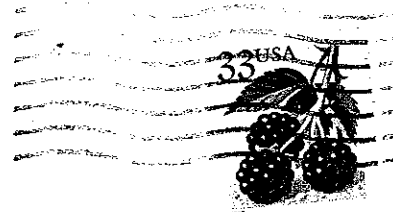
I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOT WITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

(All riding members must sign)



Gary Haelewyn  
Jan Haelewyn  
41706 Merrimac  
Clinton Twp MI 48038