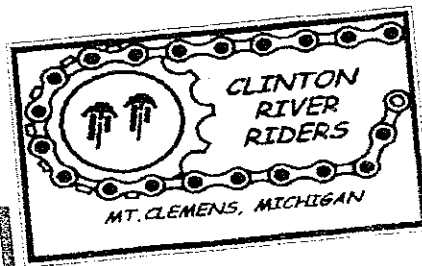


December  
2000



# RAMBLER

## SQUARE DANCE

JANUARY 13TH DOORS OPEN AT 7:00 P.M. AT ST. MALACHY HALL ON 14 MILE RD. BETWEEN SCHODENHER AND UTICA RD. IN STERLING HGTS. 14115 14 MILE. YOU MUST BE THERE BY 7:30 P.M. The price is \$35.00 per couple this is for dancing Pizza, Beer, Wine, soft drinks and Snacks. Coffee and donuts at the end of the evening. Get a group together and come, the people that have come in the past have all given very favorable comments and had a WONDERFUL time! Anyone interested please contact Art or Carol Meerhaeghe by January 3, 2001. at 810 268 7465.

## Teamwork Tantamount for Tandem Cycling

—by Mary Wilds  
© FitnessLink.

Harvey Wilds, 30, is a 6-foot-3 marathon runner, cyclist, medical student and naval officer living in Bethesda, Md. His wife, Julie, also 30, is a 5-foot massage therapist with a sporadic interest in sports. Harvey and Julie recently decided to find a sport that they could do together. But their obvious size, height and strength differences made their deci-

sion very difficult to pursue.

The couple solved their dilemma by purchasing a tandem bicycle. Since riding tandem, Harvey doesn't have to hang back for Julie's sake, and Julie doesn't struggle to keep up. Their investment has proven so successful that the couple plans to ride from Maryland to Michigan, their home state, this summer.

### Tandems Are a Popular Choice

Tandems have been a popular choice for recreational cyclists and bicycle racers since the late 1980s, reports Eric Sampson, a spokesman for Burley bicycles, which along with Santana and Trek is a major player in the tandem market.

Since the tandem maximizes the stamina and speed of two riders rather than one, it has become a familiar sight at bike tours and special events. Tandem riders and owners of the Tandem Depot, Jerry and Sue Pavlat, remember when they were the only tandem pair at rides sponsored by their cycling club, the Clinton River Riders, in Royal Oak, MI. Now there may be 12 to 14 tandem pairs at club events they attend, the Pavlats say. The Tandem Club of America, based in Alabama, now has 4,500 members worldwide, says TCA spokesman Jack Goertz. In addition, there are individual tandem clubs in about half of the United States and in 12 countries. Tandem technology has improved with the rest of the industry, say bicycle manufacturers and dealers. The cost of a basic tandem is \$1,000 to \$1,200, with many deluxe

models running between \$2,000 and \$2,500. Commotion Bicycles sells a deluxe tandem for \$3,900.

### Tandems Level the Playing Field

Tandem riders are often couples ages 35 and over whose enthusiasm for bicycling was sidetracked by career and family, says the Pavlats. Once they find the time to cycle together again, husband and wife may find their skill levels are no longer equal.

"It's just as painful for a strong rider to hold back for a slower rider as it is for the slower rider to try and keep up with someone who rides faster than they do," says Jerry Pavlat. A tandem allows each half of the couple to

A tandem allows each half of the couple to put out as much effort as he or she is able, he added.

"Tandems are the great equalizer," says Goertz. "You can put a cyclist who does 15 miles an hour with a cyclist who may do 12, and together they may pedal 20 miles an hour. It allows both partners to get in shape together with neither being penalized. How many sports can offer that?"

On a tandem, the rear rider is called the *stoker* and the front rider is the *captain*, who is responsible for braking, steering, shifting and calling out road hazards. The stoker keeps an eye out for cars coming up from behind, helps the captain stay in gear

(Continued on page 4)

# CLUB RIDES



Helmets are required for all rides, and front and rear lights are required for any rides that take place before dawn or after dusk.

## WEEKEND RIDES

### **Stoney Creek Ride**

Saturdays at 8:00 a.m., ride from the Stoney Creek boat launch to Armada for breakfast and back. The distance is 43 to 46 miles. This ride usually breaks into two groups to accommodate both slower and faster riders, but 14 miles per hour will be the slowest pace. Saturdays at 9:00 a.m. —

### **Ride The East Side!**

with Jane Bernard, starting at the Schultz Funeral Home, Gratiot at Toepfer (8 1/2 Mile Road) in Warren. The ride is approximately 30 miles, at 14 to

\*\* 16 miles per hour, with a stop for breakfast or lunch after the ride.

## WEEKDAY RIDES

### **Prestige Ride**

Thursdays at 6:00 p.m. -- ride with Bill Duemling and Bill Baker from Prestige Cycles, on Moravian just east of Garfield Road. This is a 20 to 30 mile ride at 14-16 miles per hour. The route will vary each week.

### **Wallyball**

December 16 and December 30. Call Diane Baker at (810) 739-0261 for more information.

### **Breakfast Ride**

Call Ted Gondert for information on a Romeo to Dryden breakfast ride. (810) 752-7043.

### **Ski Weekend**

I'm planning a long weekend cross-country ski trip to Hiawatha, Stokely Creek and Searchmont in Sault Ste Marie, Canada sometime in January. Call Gary Haelewyn (810) 286-5094 evenings for more details.

**Be sure to call the hotline for updates and other winter activities!  
(810) 819-0222**



Due to technical difficulties the birth-days could not be inserted this month.



## **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**

24436 John R  
Hazel Park (248) 545-1225

New Address 1/2 mile north on the corner of Mapledale and John R.

## Safety Tip

From the newsletter of *Different Spokes*, Los Angeles, CA

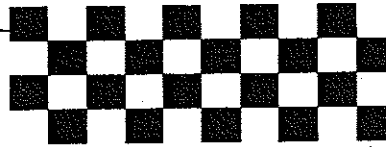
If you use clipless pedals, it's important to alternate which foot you unclick when coming to a stop. Most people consistently use the same foot. If you always unclick with one foot, chances are good that you are unpracticed at unclicking with your other foot. This can be a major negative when (not if) you start to fall toward that side. Because you aren't used to unclicking that foot, you won't be able to stick your foot out to stop your fall.

Unclick with the "opposite" foot on a regular basis to avoid the pain (and embarrassment) of falling because you can't get your feet out of your pedals.

**CLUB CONNECTION**  
www.adventurecycling.org



ADVENTURE CYCLING  
ASSOCIATION



## The Pres 'sez...

*It is that time of year when we need to renew our club memberships. This is just a reminder to renew so you will continue to get our newsletter and remain a member in one of the finest clubs I have ever been involved with. Your membership application is on the back page of this newsletter.*

While you are renewing memberships, please remember the Friends of the Macomb Orchard Trail. This group happens to be the largest friends group in Michigan to support a trail. There is 100+ members in this group and I believe there should be a lot more. With that in mind, I want everyone to renew their membership and recruit at least one new member. Ask a friend, relative or neighbor. This group should be five times the size it is now! I want to thank everyone for supporting these two groups. They help cycling in many ways and so do you.

## The Rub Down

From the newsletter of the *Kansas City Bicycle Club*, Kansas City, MO, www.kcbc.com

After every ride, a 10-minute scrub and lube is recommended for your bike. But just any wash won't do. Pressurized water, soap, solvent and lubricants are potent stuff. A carelessly directed water spray is capable of propelling trail grit past sealed-bearing surfaces.

Find something to suspend your bike. By getting the rear wheel in the air, you'll be able to shift gears as you clean. Turn on the outdoor hose. Rinse the bike. Use a long-handled bottlebrush for the easy-to-get-to surfaces, and an iron-shaped scrub brush for the drive train. The rim sidewalls should be especially clean. Gunk can sabotage your braking and wear out the brake shoes.

Next, inspect the chain. Either use a chain-cleaner kit or remove your chain, laying the bike on its side so that the rear wheel dries with the cog-set down, which encourages any residual grit to dribble away from bearings. Whatever you do, don't stow it without lubing it.

Try a dry, wax-based lube for the chain and cables (conventional "wet" lubes gunk up). Shift to the smallest cog. Drip a lube on the chain (at the rear cog) as you hand-crank counter-clockwise. Remove excess lube by scrunching a rag around the chain as it exits the derailleur.

Dab some more wax-based lube on any cables you can get to. Finally, drip a Teflon-based lubricant on the brake and derailleur pivots.

Job done. Your bike is clean, lubed and on the road to a long, healthy life.

### Membership Application for Friends of Macomb Orchard Trail

Individual Membership, \$10  
 Family Membership, \$20  
 Donation

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, ZIP \_\_\_\_\_  
Phone# \_\_\_\_\_  
e-mail address \_\_\_\_\_

Make checks payable to  
Friends of the Macomb Orchard Trail  
and mail to:

Friends of the Macomb Orchard Trail  
P. O. Box 385  
Richmond, Michigan 48062-0385

*John Tarantino*



Monthly Meetings  
1st Monday of the month  
Meeting time is 7 PM

#### Dates

December 4, January 8, February 5  
Mt. Clemens Recreation Center, 300 Groesbeck Mt.  
Clemens, MI (next to ice arena) Call John Tarantino (810)  
677-0482 or Bev Clark or Duane Larkin (313) 372-3731 for  
more info or club applications.

### From Your Editor...

My song, save this, is little worth;  
I lay the weary pen aside,  
And wish you health, and love, and mirth,  
As fits the solemn Christmas tide.  
As fits the holy Christmas birth,  
Be this, good friends, our carol still-  
Be peace on earth, be peace on earth,  
To [women and] men of gentle will  
-- William Makepeace Thackeray, from Dr. Birch and  
His Young Friends With love from Loren Bach



(DALMAC trip continued from page 1)

and takes care of all hand signals.

These days, the stronger rider, or captain is not always the husband or boyfriend, says Jerry Pavlat. With more and more women active in touring and road racing, the couple may buy the tandem to accommodate a husband who can't keep up with his wife. Indeed, in the Pavlat family, Sue is the one who races tandems. Sue holds a record for tandem riding in the Race Across America: She rode from California to Georgia in less than 11 days.

### **Teamwork Tantamount for Tandem Pairs**

When tandem specialist Michael Clark gives a test ride at his Grand Rapids, MI, store, he likes to take the couple out separately. The husband and wife take turns riding in front and in back with him before they ride together.

"I want both of them to get a taste of what it's like to be the captain and what it's like to be the stoker," Clark says. Tandem riding takes trust and teamwork, he says. Each should be aware that there is a cyclist in front and behind them who must help keep the bike in balance and manage the turns. Couple dynamics play a big part in the tandem experience. "Two control freaks do not do well on a tandem," he says.

"You have to have respect for the person back there (or up there)," says Sue Pavlat.

But a couple who learns how to cooperate on a tandem can reduce the stress in their workout, Sue says. "No one is getting to the top of a hill and waiting for the other," she says. "You're not screaming back and forth at a distance."

Tandem riders "can truly be a team, especially after many years of riding together," she says. "You can read your partner like a book. Very little (verbal) communicating is needed. You know when he shifts, when he stands. I can tell what Jerry

needs to do. And when he needs a Powerbar I can reach into his pocket and hand it to him."

Bob Kennedy, an assistant manager for Breakaway Bicycles in Kalamazoo, MI., knows firsthand how a tandem can drive a couple apart then bring them back together again.

Kennedy proposed to his girlfriend and tandem partner, Stephanie Buckingham, in Briggs, Id., after the pair had ridden Kennedy's tandem up a hill with an .8 grade. "We were arguing all the way up the hill," he remembers. Once they reached the top Kennedy figured it would be a good time to take the diamond ring out of his pocket. Stephanie said yes.

--Mary Wilds, [Mary959466@aol.com](mailto:Mary959466@aol.com).  
May 1997

## **VELO NEWS**

Dear Cyclists:

Yesterday the auger from Mich. Cat. arrived. I began just after 8 am and finish the day at dusk - around 5 pm. I was able to dig 178 out of the 192 holes for the front leg of the trusses. Just 15 more to go for the front leg. I still have 192 holes for the rear leg of the trusses - but that might be more difficult since they are located on the side of the big berms. With the snow, I don't think I will be able to dig them now. As to filling the holes with concrete, there is the problem of getting the concrete from the edge of the parking lot to the hole. Just another challenge! I will figure out something regarding transporting the concrete to the holes by next Saturday. I could use 4 - 6 people to shovel the concrete out of the front end of the loader into the holes. I am not going to work this morning (Saturday) because it is 9 degrees outside. I probably will dig some more later when they say it is going to go up to 20+ degrees. I will update everyone as soon as I know a schedule. For those who are curious, just stop by for a peek. We are making progress and will complete it this late spring.

Thanks for your support and interest.  
Dale Hughes email [WaHughes1@aol.com](mailto:WaHughes1@aol.com).



### **Editor's Note:**

Well, it's that time or year when I am handing over the torch to another editor. Bev Clark has graciously agreed to be the new Rambler Editor. She will start next month (another gracious gift) since I have taken on some responsibilities in my church and don't feel that I have the time to continue the editor job.

I have very much enjoyed my stint at being editor and as a club, you have been very helpful to me by sending (when possible) articles by email.

I want to say a special "thank you" to Sandy Overway who provides me with the new member's addresses, an updated database for the mailing labels as well as birthday announcements in a very timely way each month. She does this in addition to the numerous hours she puts into the club as Treasurer, so that we can be reimbursed for expenditures.

So, at this time please send your newsletter articles and pictures to Bev Clark 16021 Collingham Dr. Detroit, MI 48205. Phone her with questions at (313) 372-3731. Or, best yet, email submissions to [clarkba@flash.net](mailto:clarkba@flash.net)

Sincerely,

Loren Bach,  
your editor.

# Clinton River Riders Milage Awards

## CLINTON RIVER RIDERS – 2000 AWARDS

### Kids Mileage Awards

<b>Andy Mastay</b>	<b>Matt Mastay</b>
2000	2000
11-14 Age Group	10-Under Age Group
1st Place	1st Place
597 Miles	394 Miles

### Total Mileage Awards

<b>Top Mileage Award</b>	<b>1st Place Mileage</b>
<b>Jane Benar</b>	<b>Duane Nieman</b>
6,414 Miles	5,501 Miles
Don Dahlke 2nd Place	5,119 Miles
Linda Dahlke 2nd Place	3,473 Miles
Bill Windhorst 3rd Place	4,978 Miles
Susan Moorman 3rd Place	2,342 Miles
Gary Haelewyn 4th Place	4,667 Miles
Doris Mulligan 4th Place	2,182 Miles
Pete Sprecher 5th Place	4,528 Miles
Bev Clark 5th Place	1,992 Miles

### Rookie of the Year

Gerald Anderson 720 Miles

### Top Commuter

Duane Nieman 100 Days

### Participation Awards

Members of the Year 2000 Jane Benard and Bill Baker

Patrick Moorman	2nd Place
Susan Moorman	2nd Place
Rick Okerhjelm	3rd Place
Diane Baker	3rd Place
Dave Komendera	4th Place
Gail Komendera	4th Place
Gerald Bartels	5th Place
Doris Mulligan	5th Place

### Ride Leaders of the Year

(Recognized for leading 4 or more rides during the 2000 ride season)

Bill Baker	Diane Baker
Jane Benard	Don Dahlke
Linda Dahlke	Bill Duemling
Nancy Duemling	Rich Dyer
Ted Gondert	Rick Jones
Dave Komendera	Gail Komendera
Will Lajack	Rick Moorman
Sue Moorman	Glenn O'Connor
Rick Okerhjelm	Sandy Overway
Ken Rosiek	Marilyn Tarantino
Bill Windhorst	

Steve and Pennie Morauski at the Midwest Tandem Rally in St. Charles Illinois over Labor Day Weekend September 2000. Join the CRR contingent next year, Even half bikes are welcome!



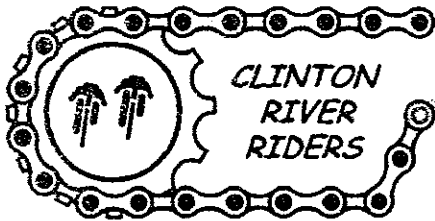
## Want Ads

For Sale – Cannondale “Bugger” Trailer – Hard shell trailer with canopy, seats two, high pressure tires (80 psi), in good shape, Call Hank or Nancy Thoenes at 248-879-8508 \$175.00  
1996 Coleman (Laramie) pop-up, queen and double beds, kitchen table folds down for additional sleeping area, garaged stored, very good condition, stove-top inside and portable stove attachment for outside use, 3-way refrigerator (propane, battery and electric), heater, awning and screen room attachments, contact Andy or Claudia Neumann (810)790-0957

## *New Members*

November 2000

Cem Terzi 420 Evelyn Ln. Rochester Hills, MI 48307  
(248) 214-1097



36558 Moravian  
Clinton Twp MI 48035

Gary Haelewyn  
Jan Haelewyn  
41706 Merrimac  
Clinton Twp MI 48038

**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") for myself, my personal representatives, assigns, heirs, and next of kin:

I, ACKNOWLEDGE, agree, and represent that I understand 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; or 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 constituted 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 NEGLIGENCE 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)

