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The RAMBLER



Clinton River Riders Bicycle Club *Access online at WWW.lmb.org/crr*

The Clinton River Riders Finance Committee have a meeting will be January 27th at 6pm at the Tarantino residence. Clear understanding of the clubs finance status and discussion on where and how much to donate to support cycling are the main topics. Donation suggestions are then presented to CRR members at the monthly club meeting for discussion and up or down vote. So far Clinton River Riders have donated over \$70k over the years to cycling causes along with hours of manpower with good spirits that are had to count.

Next month will be elections for CRR Officers. Please be committed to the clubs success. Everyone is welcomed to work for a better CRR too. It is not a competition and any member in good standing can nominate and vote. Of course is always wise to know a persons intent to accept a nomination. Probably anyone of us would help a successor or welcome someone who wants to help.

Be safe out there in all your endeavors. Slippery Michigan winter is in full force. We want your 2013 to be loaded with lots of achieved goals (not recovery from a fall). It sounds like many CRR members are preparing for a fast and enduring cycling season. Just keep that ounce of prevention handy always.

Clinton River Rides have a **Facebook** page. It is administered by **B Arnold and S Angst**, so contact them if you want to be informed or provide information via FB.

Birthdays

02/02 Jack Lucas

02/03 Mary Miller

02/06 Barb Berthelsen

02/09 Helen Sprecher

02/11 Linda Dahlke

02/11 George Kasper

02/13 Jill Kasper

02/13 Sally Palaian

02/14 Richard Williams

02/14 Gordon Ondrisek

02/16 Gayle Suddick

02/17 Diane Baker

02/18 Annette Smith

02/23 Wendy Kelly

02/24 Dick Klein



Our next club meeting is February 11th 2013 at 7 pm in the Mt. Clemens Public Library (down stairs). Club meetings are normally the 2nd Monday each month. The library is on Cass Ave. across from the high school. More discussion on fund expenditures, elections and plans for 2013 are sure to be discussed.

Club members are entitled to purchase one club jersey per year at a reduced cost. Contact Deb Angst at 586-524-3657 or email digitaldeb@comcast.net to get yours today.

New Members: All are welcome in association with Clinton River Riders. We appreciate your interest in cycling and hope to enjoy many miles riding together.

Jerry Pavlat is would like members to bring returnable containers to the club meetings to support Team Sammy.

In last months newsletter some kudo's were listed for the ladies who worked to ensure the Award's Banquet was a success. That NL guy forgot to put Sue Moorman among them. Mia Culpa. Since I am just a recipient of the spoils I mentioned those that I knew of. Hope you are warm and forgiving down there in Florida Sue.

To get CRR mass emails send an email to crr-list@20776.org , put subscribe in the subject line. No advertising or solicitation is forwarded, just items of interest to cyclists.

The Clinton River Rider's Men's Trip is June 7, 8, 9, and 10th over in the Pentwater, MI area. 4 days and about 280 miles of cycling fun with friends. Expenses, travel arrangements, and preparation is all on the riders. Al Barton has probably requested bulldozers to install more hills but if he can make it we should all try (or at least watch). For every uphill there is a downhill right? If you want more details please contact J Tarantino.

Some of the areas fine local bike stores –

Hamilton Bicycles & Outfitters 69329 North Main Street, Richmond, MI 48062-1144
(586) 727-5140 <http://www.hamiltonbikes.com>

Fraser Bicycle, 34501 Utica Rd, Fraser, MI 48026-3576,
(586) 294-4070 <http://fraserbicycle.com>

Paul's Bike DepotAddress: , 28057 South Gratiot Ave, Roseville, MI 48066-4204
(586) 772-9084

American Cycle & Fitness, 18517 Romeo Plank Rd, Macomb, Michigan 48044
(586) 416-1000 <http://americancycleandfitness.com>

Anchor Bay Bicycle, 35214 23 Mile Road, New Baltimore, MI 48047-3650
(586) 725-2878

Macomb Bike and Fitness 28411 Schoenherr Road, Warren, MI 48088 (586) 756-5400 <http://www.macombbike.com>

Main Street BicyclesAddress: , 5987 26 Mile Road, Washington, MI 48094
(586) 677-7755 <http://www.mainstreetbicycles.com>

The Bicycle Doctor/Continental Bike Shop 24436 John R Rd, Hazel Park, MI 48030-1114 (248) 545-1225 <http://continentalbikeshop.com>

Metro Bike-N-SportsAddress: , 36649 South Gratiot Ave, Clinton Twp, MI 48035-1726
(586) 791-3488

CRR Rides are open to members and non-members alike. We schedule or participate in approximately 400 rides a year. We share a love of fitness, travel, friendship, dining, and pictures.

Our rides and ride leaders attempt to ride the safest smoothest route reasonable. That being said everyone is responsible for their own safety. CRR insists that you wear a certified safe helmet and use no earphones while riding. Please understand the difference between pace and average speed. Most of our rides predict pace and an average is probably 1.5 mph slower than the lower end predicted. Vice versa if the average is predicted than the pace is often 2mph +/- faster than this.

Ride Schedule changes or announcements let Steve Angst 586-524-3657 or email crr.rides@gmail.com know.

Newsletter Changes to Les Dunham, 586-216-4135 or email lesdunham@hotmail.com

Metro Grand Spring Tour is May 5th, thinking ahead, think warm.

March 16th is Bike City by detroitbikecity.org. The event is from 10am-6pm at Cobo Hall. The cost is \$10. It is possible that some may ride to there or others may just plan to meet there.

Advocacy- Clubs advocate for cycling-friendly legislation and other causes on its members' behalf, something many cyclists are proud to be a part of. Advocacy like this is common across the country within bicycle clubs, to the point where many clubs designate an advocacy officer to lead such charges. Joining a cycling club and getting involved in its advocacy efforts could be your way to make a difference on behalf of cyclists everywhere. We also support functions like Variety Club (Bikes 4 Kids), PEAC, the velodrome, and improved trail/bike path development that benefits so many.

Discover Cycling – What we find in cycling are things like a way to manage stress, a mini vacation (mentally) on the saddle, satisfaction in a pollution free experience, and doing something we like/love. Add in to this the psychological compatibility of riding offensively/defensively; together/solo; fast/easy; silent solitude or constant conversing; or long distance/quick trip and almost everyone can find their fit in cycling. Not everyone gets it but those who give it their best with an open mind usually learn the value it adds to their life.

CRR Ride Schedule <http://www.lmb.org/crr/rides.htm>

Monday and Wednesday, no rides scheduled.

Tuesday

9am Stony Cr Boat Launch meet TJ Hill for mountain bike riding on roads, paved roads, and trails. Call TJ at 586-293-0162 for more information.

Thursday

9 am Stony Cr Boat Launch meet TJ Hill for mountain bike riding on roads, paved roads, and trails. Call TJ at 586-293-0162 for more information.

Friday

Saturday

9 am Stony Creek Boat Launch parking lot, meet TJ Hill for mountain bike riding. Call TJ at 586-293-0162.

9 am The Saturday 9am winter ride. Start is from 8 1/2 mile & Gratiot. Distance is 32 miles and pace 13-17mph. There is a 10 minute mid point stop. Above 25f temperature and clear roads are mandatory.

Sunday

9 am Stony Cr Boat Launch Meet TJ Hill for 50 miles of mostly dirt road riding. With a lunch stop somewhere near the 30 mile mark. Call TJ at 586-293-0162.

Rides – Have lights available , dress for conditions, and please contact the ride leader if it is reasonable that conditions won't permit safe riding. Riders should carry emergency contact information, tools/parts enough to change a flat tire, fluids and energy edibles to support the individual for 2 hours.

Tour of the Scioto River Valley (TOSRV) is May 11 & 12. Registration usually opens up around January 10th. Registration is usually \$50. 2 days, 105 miles +/- each day, makes the rest of year seem easy.

Links to some very useful cycling information -

www.lmb.org League of Michigan Bicyclists

www.bikeleague.com League of American Bicyclists

www.adventurecycling.org Adventure Cycling

www.capitalareasmartcommute.com Smart Commute Program

www.mmba.org Michigan Mountain Biking Association

www.railstotrails.org Rails to Trails Conservancy

Make Safe Bicycle Choices -

Bicycles on the road are considered vehicles. Bicyclists 10 years of age and older should ride on the street in the same direction and under the same rules/expectations as automobiles.

If you choose to ride on a sidewalk then be ready to give pedestrians the right of way. Follow the pedestrian rules. Cross at crosswalks on foot. Use caution and make eye contact with other drivers.

If you ride on a path or multi use path remember that being faster than others on the path does not give you the right of way. If you are on 2 wheels and you make contact with something else you often end up the worse for wear whether or not you were in the right (or wrong).

Always ride responsibly, wear a helmet, don't use headphones or cell phones, make every effort to be seen, and make your intent known (signaling). Ride, have fun, and choose a route to get you where you want to go that is safest. Now you have done almost all you can do to have a successful ride.

SANDRA MEETS PAINT CREEK CLOSE UP

OR

(How to Have Fun on a Mountain Bike)

For those who haven't heard the details of Sandra's inaugural mountain bike ride on Sunday, November 16, 1986 the story seemed too good to me—T.J.—to pass undocumented.

I had loaned Sandra one of my mountain bikes so she could participate in the Clinton River Riders Paint Creek Trail ride from Yates Cider Mill to Lake Orion and back, a 25-mile round trip. North of Rochester there are three bridges on the abandoned railroad right-of-way in various stages of deterioration. One is definitely walkable only, the other two are rideable with caution due to the spacing between the railroad ties. Riding across requires a wheel lift at the start, then bump, bump, bump until you drop back onto the trail.

Following the lead of the six other more experienced mountain bike riders in the group without hesitation, Sandra had successfully negotiated the crossings on the Northbound journey to Lake Orion full of exuberance over the new biking experience. On the return trip after breakfast, however, she was not quite so adept. On the first bridge crossing she half crashed with her left foot becoming jammed between two railroad ties and the bike bearing down on her. David Heck jumped off his bike and ran back to lift Sandra's bike off her and help extricate her foot from between the railroad ties. Feigning no pain and trying to conceal a limp, Sandra quickly remounted the bike on the opposite side of the bridge to resume the ride, hoping to appear undaunted by the mishap. As the next bridge crossing came into sight, Sandra was mentally determined not to let the prior crash intimidate her. Following Sue Pavlat, who was successfully negotiating the crossing, Sandra made it onto the bridge, but was not in control due to an uncalculated approach to the six-inch elevation to the bridge level. About a third of the way across the bridge the front wheel turned to the right and dropped between two railroad ties. Falling to the left, Sandra hit the bridge then somersaulted off the edge into Paint Creek with the bike following suit, but further into the middle of the Creek.

Upon surfacing from about two-and-a-half feet of water—after determining which direction was up—Sandra managed to get her feet under her and grapple for a hold on the edge of the bridge above her, all the while emitting the sounds of a somewhat panicky female. The bike helmet passed the impact test in the Creek bed and, unbelievably, eye glasses, although mud speckled, were intact and in place.

Meanwhile, the other riders who had been behind their ill-fated club member and had witnessed the scene unfolding as if in slow motion, quickly sprang into action. Duane Niemann and Jerry Pavlat scrambled down the bank to the Creek, Duane to the left of the bridge and Jerry to the right lest the current sweep the submerged cyclist under the bridge. Duane's outstretched hand provided the necessary assistance for Sandra to make a quick exit from the Creek.

While climbing out of the water, however, Sandra first became aware that the bike had followed her into the Creek. Since she was already soaked, Sandra reasoned that should walk out and retrieve the bike from the middle of the Creek, but the others insisted she get out of the water and leave the bike rescue to them. Sandra reluctantly complied with the directive to leave the new red Schwinn in Paint Creek, as by now it seemed that the bike was being inched downstream by the current.

After some discussion among the other riders about the best method for extricating the bike from its water berth, long-limbed Teddy Gondert mumbled "Oh, what the heck. I've been in colder water than this," and proceeded to remove all layers of clothing from the waist down except his bike shorts, which he hitched up as far as he could and waded out into the unknown depths and debris of Paint Creek. Teddy managed, with a long reach, to get a finger-hold on the front wheel and inch it toward him, but with great difficulty as the tubing and a pannier, carrying extra "dry" clothing, had filled with water. Immediately upon exiting the Creek, even before redressing, Teddy, alias "Mr. Fix-it," set to work on the bike. After removing the seat post to allow a portion of Paint Creek to return to its course, Teddy would have started to work on the bottom bracket if the others hadn't insisted he put his clothing back on before he, too, became a candidate for hypothermia in the 35 degree temperatures.

While the bike rescue was in progress, Sandra and Suzie Pavlat had run off in search of a nearby house in which to get Sandra changed into drier clothing voluntarily supplied by various members of the group. No one answered the door at the first house, and Sandra and Suzie found the second house being guarded by an unleashed, barking black dog. Just as the two were about to turn tail to find a third house, the residents drove into the driveway. Having just returned from a successful deer hunting trip they were more engrossed in showing their buck to the two bikers than in letting them into the house immediately.

Once inside the house, Sandra began peeling off layers of wet clothing in the bathroom, unrealistically hoping with each piece it wasn't completely soaked through. Suzie, too, was peeling off pieces of her perspiration-damp, dry clothing to add to the collection given to them by the others. When reassemble, the two relatively scantily clad bikers emerged, giggling, from the bathroom with Suzie carrying the homeowner-supplied garbage bag filled with what felt like 25 pounds of Sandra's Paint Creek swim wear.

Thanking the homeowners for the use of their bathroom, Sandra and Suzie scampered, as best one could with a 25-pound bag of wet clothing, back to the scene of the "splash." "Big John" Edry, who had orchestrated the rescue efforts, handed Sandra the only dry item retrieved from the water-filled pannier—a Granola Bar. Not feeling hungry at that point, Sandra tucked the faded package away as a souvenir, while Duane stuffed the bag of wet clothing into the now drained pannier and fastened the load onto the back of his bike. Teddy was still emitting restrained noises regarding the resuscitated bike's bottom bracket. David "RAAM" Heck and his one-man support crew, Jerry Pavlat, had remounted their mountain bikes and charged at breakneck speed to the starting point to bring back a van to a predetermined intersection of the trail in case it was needed by the "splash" victim. Appreciative of the concern and crisis management shown by her biking comrades, Sandra, however, was resolute in her determination to finish the ride under her own steam.

With the need to continue moving to stay warm, the thinly clad women suggested they all start riding along the trail to the designated intersection to meet Jerry and Dave with the van. Once there the van was not yet in sight, so Sandra and Suzie rode in circles to keep the blood pumping. When the van arrived Sandra was chagrined when the others still expected her to be “sagged in.” Still feeling exuberant about her first mountain bike ride, Sandra insisted on finishing the last few miles of the Paint Creek Trail. With some hesitation, Jerry and Suzie climbed into the van alone to head for home, while the remaining four bikers dubiously accompanied Sandra, two in front and two behind, along the trail back to Yates Cider Mill.

There were no more bridges to cross, only a wide plank, approached with cautious determination, across a water-filled low spot near Yates. All were relieved to be back safely after the Paint Creek Rescue Ride and Sandra has this wonderful tale to tell about the joys of mountain biking. Only Dave was somewhat disappointed that Sandra wouldn't agree to a reenactment of the “splash” scene so it could be captured on videotape. Should anyone else care to start in a video performance of mountain bike agility on the Paint Creek Trail, Sandra would be only too happy to be the director.

Written in collaboration by,

T.J. Hill, and

Sandra Studebaker Cryderman