



## Ride Schedule

Call the hotline (313) 792-4670 for updates.

Please ride safely. Wear warm reflective apparel and use lights whenever necessary.

### Recurring activities for January/February

Sundays, 9:00am & 12:30pm. Stair Climbing at the Renaissance Center Hotel. Meet Doug MacDermaid (mornings) or Ron Dossenbach (afternoons) at the Westin Health Club. At your own pace. Call Hotline for more info.

Saturday, January 8 & 22, 6:00-7:30pm. Walleyball at the Gateway Racquet Club (8200 Irving Dr.) Van Dyke at 14-1/2mi. The cost is \$36 for 1-1/2hrs per court divided by the number of players. Call Hotline for more info.

### Scheduled rides for January

Tuesdays & Thursdays, 6:30pm. Meet Gary Haelewyn at Pavlat's for a ride to Metro Beach on the recreation trail. Must have lights. Pace as fast as lights permit, 21mi.

Saturdays, 10:00am. Meet Doug MacDermaid at Jefferson & Marter (8-1/2 Mile) for a ride to Grosse Pointe and back. Pace 16, 20-25mi.

Sunday, January 30, 8:30am. Meet Duane & Elizabeth Nieman at Romeo High School for a round trip ride to the Dryden VFW Hall for breakfast. Mountain biking on back roads depending on weather.

### Looking ahead to February and March

Saturday and Sunday, February 12 & 13, 8:00am. Sixth Annual "To the Top" Stairclimb to benefit the American Heart Association. Day of registration on the Promenade Level of the Westin Hotel. Volunteers needed. Contact the Doug MacDermaid for more info.

Saturday, March 5, 1994 Bike Feast. Contact Bill Cleland for more information at 775-5125.

Swap Meet at the March 7th meeting. If you have things to sell or trade, please bring them.

## Happy Birthday to:

Sarah DeOro 2-1, Dan Merchant 2-1,  
Lisa Patterson 2-3, Vince Schauer 2-  
3, Dorothea Martin 2-4, Carol  
Trombley 2-5, Barb Berthelsen 2-6,  
Rod Klann 2-8, Mark Pytel 2-9, Nancy  
Lamers 2-14, Andy Neumann 2-15, Jeff  
Robinson 2-16, Diane Baker 2-17,  
Scott Malloch 2-19, Robert Butts 2-  
22, William Salot 2-25, Jill Bennett  
2-26, Richard VanBuren 2-26, Ken Koch  
2-27, Douglas MacDermaid 2-27, Hank  
Thoenes 2-28

## BWR Steering Committee Meeting

Monday, February 21, 7:00pm  
Ron & Dorothy Smith's house  
348 Charles Rd.  
(313) 651-7346

Downtown Rochester off Parkdale &  
Romeo Rd., 1 block north of  
University.

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## Coming attractions at the next meeting:

We will be voting on officers at the  
February meeting. Only those members  
who have paid their dues and are  
present will be allowed to vote for  
the 1994-95 year officers.

More nominations are needed. Please  
bring your nominations to the  
February meeting.

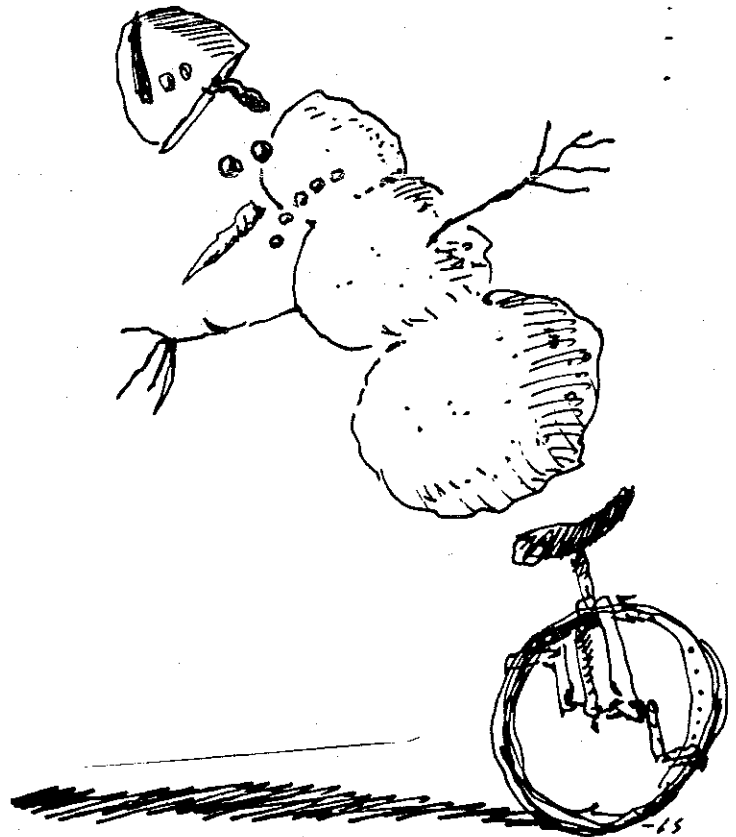
Those nominated thus far are:

President: Oscar Balmaceda  
Elizabeth Nieman  
Ride Director: Mike Malloch  
Treasurer: Pennie Morauski  
Secretary: Laurie Brickner  
Newsletter: Lorie Kamm

Come and vote!



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from The Bicycle Paper;  
Seattle Washington  
By David M. Shelton

## KEEPING IT TOGETHER AFTER THE ACCIDENT

What can you do when, as a cyclist, you've been injured, terrorized or both by a motorist? Assert your rights. Get compensation for your damages and/or get a conviction in court of the wrongdoer.

Don't be timid. Give your assertiveness factor a boost by telling yourself that by standing up for your **INDIVIDUAL** rights you are representing **ALL BICYCLISTS**. You'll help make bicycling safer for all of us and create greater respect for bicycling as a valued part of our transportation system.

### Some Tips:

1. Choose the right forum and act promptly. The police figure if it's really a serious incident you'll report it promptly. What's your goal? Compensation for injuries and bike damage? Traffic citation for motorist? Conviction for a more serious crime? These different goals can work in tandem

or they can conflict. By saying the motorist intentionally assaulted you, for example, insurance benefits could evaporate because companies only pay for their insured's negligent or reckless acts.

2. Preserve evidence. Call the police. But, do not rely on their investigation. Whether you are going to court or filing an insurance claim, start collecting evidence at the scene of the incident but avoid answering questions except from the police. If you cannot do it because of your injuries, ask a bystander to get the name, home address, employer, work and home phone numbers of the motorist and of every possible witness. You'll need the motorist's driver's license, auto license and insurance company too.

3. Be organized and professional. Maintain a file on your case. Keep a log of all

activity, telephone calls, symptoms of injuries, visits to doctors, etc. Photocopy every item before delivering it to anyone. Obtain "copy received" confirmation on your copy of important court or insurance documents. Typed documents are more impressive. Be well-dressed in personal meetings. Maintain your cool and be friendly even if you are angry. In other words, give everyone a sneak preview of what a formidable advocate you will be for yourself in court or negotiations.

4. Apply for insurance benefits. Call both the motorist's and your insurance companies. It's a common misconception that you can't file an insurance claim if there's no police investigation, no traffic ticket, no contact with a motor vehicle or the identity of the vehicle and driver is not known. Washington law requires the common "PIP"

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(personal injury protection) insurance policy to treat bicyclists as pedestrians. Therefore, you can obtain automatic coverage for medical bills and wage loss from the motorist's insurance company.

5. Get help from professionals. See a doctor immediately if you are injured. Late or no treatment creates skepticism about a later claim of injuries. If you're not getting a positive response from the police or insurance people, some attorneys provide free advice and work on a contingent fee.

6. Get others' help and persevere. Enlist the help of a cycling buddy or a bicycle club for investigative help and moral support. To maintain your objectivity, bounce ideas off non-cyclists. At the outset, prepare yourself for the long haul and keep from getting discouraged. After all you are doing it for all bicyclists, not just for yourself.

## Healthy Corner

by John Kamm

### Black Bean Soup

1 1/2C black beans, washed and soaked 4 hours or overnight  
7C water  
1C diced carrots  
1C diced celery  
1 large onion, coarsley chopped  
3 cloves garlic, chopped or pressed  
1t dark corn syrup  
1T barley miso\*  
Dash hot sauce

Drain beans, discard the water. Place the beans in a 4 qt saucepan, add water and bring to a boil. Lower the heat and simmer for 30 minutes. Add remaining ingredients and continue to simmer for 30 minutes or until beans are tender.

Puree in a blender until smooth, season to taste, reheat and serve.

Makes 9 cups.

\*Barley Miso can be found at health food stores. It is a soy product made to enhance flavor and reduce salt.

## DUFFY'S VIEW

THE RAGBRAI TRADITION OF DIPPING THE REAR WHEEL IN THE MISSOURI RIVER AND THE FRONT WHEEL IN THE MISSISSIPPI RIVER CAN BE ACHIEVED SIMULTANEOUSLY THIS YEAR.

