



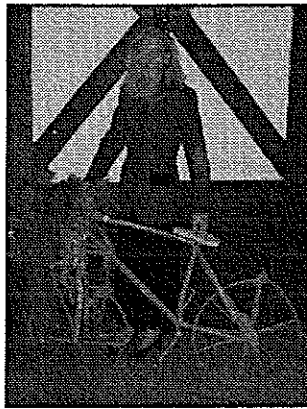
Rambler

Winter 1999

Members rode 228,783 miles in 1998

Top 25 Total Miles

Sandy Freeman	16,266
Ken Marzorati	11,460
Rick Jones	7,852
Bill Windhorst	7,500
Jerry Bartels	6,675
Jane Benard	6,535
Don Dahike	6,510
Frank LoPiccolo	6,250
Will Lajack	6,212
Ted Gondert	5,515
Dee Whitmore	5,013
David Komendera	5,000
Steve Morauski	4,500
Duane Nieman	4,460
Ed Gostin	4,447
David Courter	4,391
Gary Green	4,110
Bob George	3,904
John Tarantino	3,880
Pennie Morauski	3,500
Gary Haelewyn	3,400
Art Meerhaeghe	3,300
Rick Okerhjelm	3,298
Tom Graham	3,100
Sheila Jones	3,078
Total (All Members)	228,783



We had 296 club rides this year. Non-members rode with us (on club rides) a total of 8,861 miles. Of our 117 active members (those who rode at least 2 rides), almost half turned in mileage as of, or after September 1st. Many didn't turn in miles at all, so I would guess our total miles are actually around 300,000. That's a lot of miles for such a small group. Congratulations!

Not everyone who was in the top groupings qualified for an award. To qualify you must be a member by June 1st and participate in a minimum of 20 club functions. You must also participate as a worker for the BWR either prior to or on day of ride.

For mileage awards, your total mileage must be turned in at least 4 times during the year.

If you haven't seen the club award plaques, stop by Prestige Cycles and take a look. They are quite impressive, showing the winners for Total Miles and Participation since 1991. Prestige keeps our plaques on display in the store all year - let Patti and Andy know we appreciate what they do for us.

We wished we could have given out certificates of appreciation to everyone who has given their precious time. Maybe you headed a committee or worked BWR, opened your home for a meeting or spent money on phone bills. There are so many who have done so much, it is impossible to name everyone - surely someone would accidentally get omitted from the list, but we want you to know, you are all truly appreciated. Thanks for your contributions to a great year of riding, camaraderie and fun.

*Will Lajack, Ride Director &
Mike Freeman, Ride Director's Aide-de-Camp*

Mileage Award winners:

Gold

Sandy Freeman & Rick Jones

Silver

Jane Benard & Bill Windhorst

Bronze

Sheila Jones & Jerry Bartels

Bronze

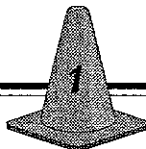
Diane Sontag & Will Lajack

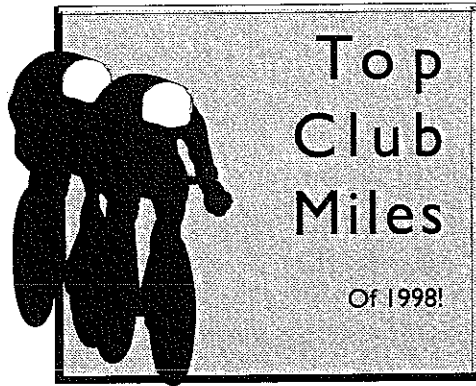
Bronze

Susan Moorman & Ted Gondert

PHOTO, ABOVE: SANDY FREEMAN RODE OFF WITH THE TOP MILEAGE TOTAL OF THE YEAR.

See page 2 for more award coverage. The next issue will cover participation award recipients, new member awards, accomplishments, appreciation, and more!

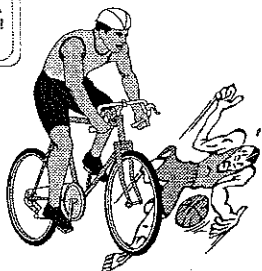




These are miles ridden on club rides. Personal miles are not included on this list.

Sandy Freeman	4,319
Rick Jones	3,618
Will Lajack	3,150
Jane Benard	2,827
Patrick Moorman	2,601
Gary Haelewyn	2,424
Susan Moorman	2,415
Art Meerhaeghe	2,161
Steve Angst	1,985
Sheila Jones	1,916
Gary Green	1,911
Mike Pressley	1,841
Jerry Bartels	1,787
Mike Freeman	1,606
David Komendera	1,570
Jim McKinnie	1,568
John Tarantino	1,534
Bill Windhorst	1,386
Debbie Angst	1,367
Doris Mulligan	1,349
Dave Switnan	1,324
Rich Dyer	1,321
Bill Baker	1,319
Bill Duemling	1,303
Steve Morauski	1,293
Total (All Members)	90,997

Cyclists are more die-hard than those wimpy NBA wannabe athletes!



CRR Winter Rides and other events

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

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: 25

Saturdays

Grosse Pointe Ride

Meet Jane Benard at 9 a.m. at the Schultz Funeral Home (8 1/2 & Gratiot) for a ride to Grosse Pointe. Meet afterwards to snack on an early lunch!

Pace: 14-16; Miles: 25-30

Note: Ride information was updated 1/23. Call the hotline for last-minute updates on rides. There may be an Armada ride on Sundays, weather permitting. The hotline will have information if a ride has been scheduled. Also check the hotline for recently scheduled wallyball play dates and stair climbing at the Marriott RenCen.

Sunday Dryden Ride

Meet Ted Gondert on January 31 at 8:30 a.m. at Romeo High School for a ride to Dryden. We will ride 42 road miles or 32 mountain miles if the roads are poor. Breakfast will be ham.

Note: February Elections

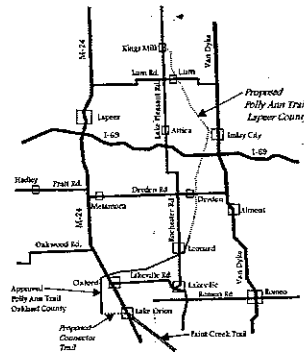
President Gary Green will not be running for another term. John Tarantino was nominated for president by the Jones' and Windhorsts at the January meeting.

Trail developments proposed

Support coming soon to a trail near you?

When the Macomb County Board of Commissioners met December 7, one of the items they considered was a motion to support a plan to turn the Grand Trunk Western Railroad into a hiking and biking trail. Richmond and the townships of Bruce, Armada and Macomb have adopted resolutions supporting the plan. The converted trail would provide enthusiasts with almost 20 miles of recreation. Grants would pay for the plan, at a cost of about \$4.37 million.¹

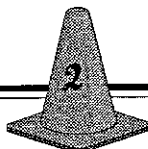
Meanwhile, supporters of the proposed Polly Ann Trail might be celebrating a victory soon if a DNR meeting goes their way. The DNR met on January 13 to discuss the acquisition of the former Polly Ann Railroad. Developing it into a trail



would provide Lapeer County with 20 miles of recreation. An additional 12 miles in Oakland County currently is owned by Grand Trunk Railroad.

Trails already in use include the Paint Creek Trail in Rochester and Lapeer's mile-long trail which was formerly Penn Central.

¹ Detroit News, December 6, 1998



The adventure of Dave Switney and Sharon Wiseman in New England. Part 2 of 2.

We next encountered the small town of Plymouth and decided to proceed up Hysteria Hill before resting. At the top was Coolidge's birthplace, where we were greeted by a group of Vermont Bicycle Tour riders. After comparing notes, and noticing that each of them was on a mountain or cross bike, we concluded that ours had been the better tour, although at this point, not the better accommodations.

AN IDYLIC SETTING

The reward for climbing the hill was a 6 mile downhill which for the tandem turned into a 15 mile easily-pedaled, traffic-laden swoop along the river. We watched the river dance from gleaming rocks and shimmering rapids as we made our decent to Woodstock. We had reached the covered bridge and dismounted to enjoy the rapids under it.

I wanted to press on to the hotel so that we could change and return to town, but the sight of the restaurant in the glass blowing factory which overlooked the waterfall encouraged me to treat my stoker to a fine lunch. This sight was too spectacular to pass up. We sat on the outside deck, right over the dam. The noise from the crashing water muffled any conversation, but we just enjoyed the view anyway.

The next morning we got up early to ride in the rain in order to beat the crowds down the road, but the crowd had stopped next door to the hotel for breakfast as they awaited the rain stoppage. We proceeded in our windbreakers and plodded up the next challenge.

MOVING ON UP, SLOWLY

I knew the journey was taking its toll on us as I was being very terse with my stoker who wanted to race up the hills to get them over with. You just can't race up these hills. At the top of the 3 mile climb, we encountered the stoppage of rain, but an increase of wind velocity. However, this wind was from the north at 20 mph. We had zipped up and tried to get down the hill as quickly as possible, but there was no quickness with this wind.

When we finally reached the bottom, we made our way into the general store where we found heat and baked goods. We absorbed the heat as we savored a warm, tasty snack.

REACHING NEW HIGHS

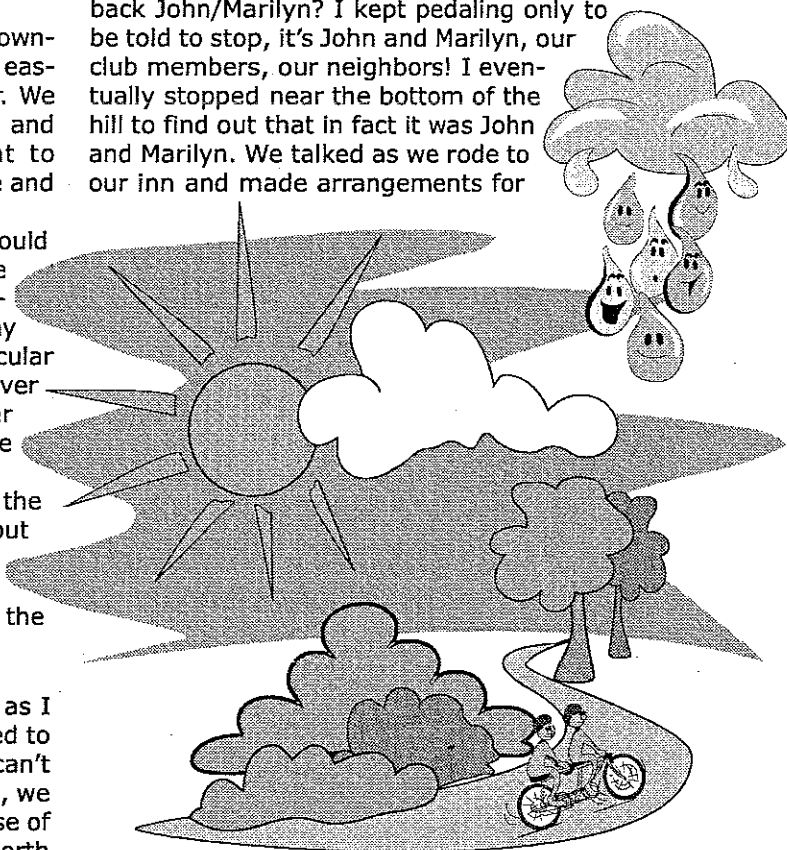
After breakfast, we proceeded up the river and promptly got lost. After a couple of false hilly starts we finally found the right "no name" road and proceeded up another climb. This one was different. It turned out to be the longest climb through the forest reservation, with a waterfall near the top and a 5 mile glide into the valley of the Green Mountains.

Although the head wind was strong, we proceeded along enjoying this picturesque ride into Granville Gulch Falls. I really enjoyed the moment of the rush-

ing water and the conversation with each new group of cyclists we met. At this point I was so relaxed I knew we didn't have to hurry any more. I couldn't anyway.

CHANCE MEETING

Just after getting on the road to the Inn, another tandem passed us on the other side of the road going uphill. They called out Dave/Sharon. Sharon called back John/Marilyn? I kept pedaling only to be told to stop, it's John and Marilyn, our club members, our neighbors! I eventually stopped near the bottom of the hill to find out that in fact it was John and Marilyn. We talked as we rode to our inn and made arrangements for



them to join us in the AM to complete our ride to Stowe.

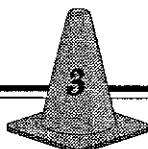
Supper was great and our opinions about the ride kept changing, especially with the stay in our first inn.

In the AM, we had good French toast and fruit salad, although we expected more, like the chocolate chip cookies that we had upon our arrival.

NO DOUBT, WE ALL RIDE FOR ICE CREAM

Anyway, we met John and Marilyn and proceeded to where else? No not Stowe, but to Ben and Jerry's Ice Cream Tour! It was great and we took it all in, especially the surrounding Green Mountains and the ice cream snack.

Continued on page 6



Believe and achieve

BY JULIE WINDHORST

LAST ISSUE, YOU LEARNED OF JULIE'S DECISION TO RUN AND FOLLOWED HER THROUGH PART OF TRAINING. NOW, FINISH TRAINING WITH HER AND THEN SEE THE RACE FROM HER PERSPECTIVE.

John would pace me at an 8-minute mile around the track while Marilyn would shout "Faster" or "You're sleeeeping", or "Just one more lap" and I, the problem student, would just die from the intense workout and the heat.

Marilyn always had a little something for me at the end of my workouts and if I did good I would get it and that was just the little extra incentive I needed to get through the speedwork.

The "long runs" were done on the weekends. In the beginning, we ran Stony a great deal and what a fantastic workout that was with the hills. Later in the year we switched to the Paint Creek Trail where it was softer on our legs and feet. Our best friends (Bill and John) would wait for us at the end of the trail in Lake Orion (9 mile mark) to hand us off fresh water so we could keep going without stopping.

Coach #1's rule while running: "no stopping". Thanks to that discipline, we ran the entire race of 26.2 miles. At the advice of Coach #2, John said it would be wise when drinking our water at the aid stations to slow down to a walk and drink to keep properly hydrated. We followed that sound advice and never hit the "wall".

During the many months of training, Coach Marilyn was injured three times. It was very questionable whether she would be able to run the marathon at all. The Coach persevered and before we knew it, she was back quicker and stronger each time. The Coach is by far a quicker, better, and stronger runner than I am and that is what made me a decent enough runner to finish a marathon.

The day has finally come 11 months and 1,200 pavement miles later. A lot of hard work and discipline went into this feat, especially to stay away from the sweets most of the time.

Marathon Day, October 18

Not much sleep was had the night before for either one of us. We got a lot of rest and ate a lot of carbohydrates during the week. We did 4 miles of running at the most and no more during that last week.

We met at 5:15 am for the drive downtown. We were very nervous with that feeling you get in your stomach. We knew we were ready for the 26.2 miles; our homework was complete. We were hoping the rain would hold off and the wind would always be at our backs.

The marathon began at 8:00 over in Windsor, Ontario in Jackson Park. Coach and I joined the MSAMS (Marathon Strides against MS), so we rode on the MSAMS bus through the tunnel over to Jackson Park that morning. There, the bus stayed with us in case the weather was chilly (normally you take the bus over to Windsor, you get off the bus and the bus leaves).

The weather was windy but warm -- about 65 degrees. The coach and I (the chill sisters) started out in shorts and only our MS tank top (singlet) on. Three miles into the marathon, it started to sprinkle and rained throughout the entire day. The temperature was warm so the rain didn't feel bad, but the wind was fierce. Right, Coach?

Once we crossed through the tunnel onto the U.S. side, some friends and family were there to cheer us on. My husband Bill was there on Greg Schultz's mountain bike as my support crew along with my brother-in-law Don Windhorst and even Kevin Degan joined in my support crew with many words of encouragement. Kevin was so geeked to be with us that I think Kevin was more excited to watch me cross the finish line than I was.

(Not really! You get the point!)

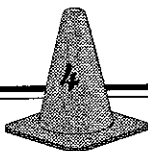
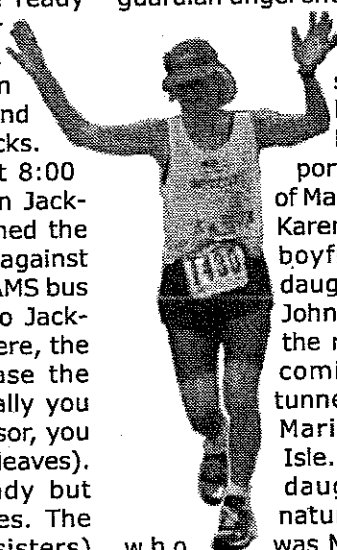
Encouragement along the way from the crowds of people helped a great deal. Bill being there with me, along with my brother-in-law Don and Kevin, was my security blanket. Throughout the wind and rain, they never left my side and the packs of GU and water were free flowing all day.

Once Marilyn and I split up at around the 10.5 mile mark, our guardian angel shoelace charm al-

ways kept us together in spirit and in our hearts. Coach Marilyn's support crew consisted of Marilyn's daughters Karen, Pam and her boyfriend Bill, and daughter Tasha and John. Bill jumped in the race as we were coming out of the tunnel and ran with Marilyn until Belle Isle. There, Marilyn's daughter Karen (a natural born runner who was Marilyn's inspiration to start running) jumped in and ran around Belle Isle and then John jumped in to bring Marilyn to the finish line.

Some very dear friends I would like to thank are the entire Angst family. They met us under one of the overpasses along Cobo; Debbie was our official photographer. How many marathon runners do you know who have their own photographer? Thanks a lot, Deb! The Schultz's were there, cheering us on with inspiration as well.

At around the 23 mile point some five real guardian angels jumped in to help bring me to the finish line. They knew the drill -- ask no questions but keep on talking and that is exactly what they did. I cannot thank enough Julia



Photos by Debbie Angst

Schultz (running with an injury) and Sue Pavlat, and by the way they both dressed for the occasion. Jules was in purple tights and Sue was decked out in her tuxedo outfit!

Before I knew it I was off Mack Avenue and making a left on to Woodward Avenue with 1 mile left to go. I just could not believe the long journey was coming to an end!

Also following me at that point on tandem bikes -- stokerless -- were Greg Schultz, Jerry Pavlat, and of course Bill, Don and Kevin were still at my side on bikes. What a big group of people that was there to support me. You really had to have been there to see it and experience it. I felt like an Olympian! All of you kept my mind off of the sore quads and sore feet and you greatly assisted me in finishing the race.

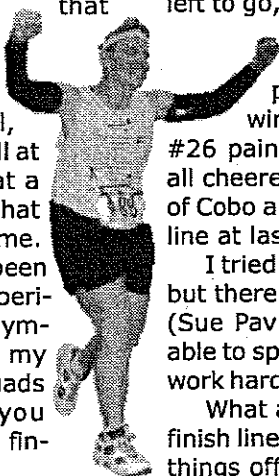
At the Fox Theater, what a huge pick-me-up that was, to see Doug MacDermaid and Laurie Brickner and Steve and Pennie Morauski there. Marilyn and I had our very

own cheering section with one mile left to go. Sue Pavlat had always said the last mile takes care of itself and now I believe it. I was too elated to even feel the pain anymore. We gave our farewell salute to Hudson's as we ran past the flagship store and at that point, we had two-tenths of a mile left.

Nearing the foot of Woodward and Jefferson with only 385 yards left to go, I was afraid to run alone so Julia and Sue stayed with me for moral support and they broke the wind for me. We ran over the #26 painted on the road and we all cheered, then turned the curve of Cobo and there it was, the finish line at last.

I tried to sprint to the finish line but there was no sprint left in me. (Sue Pavlat's theory is if you are able to sprint at the end, you didn't work hard enough during the race.)

What a thrill it was to cross the finish line 5:15:34 later. And to top things off, Denise and Bob Kosen, Clinton River Rider members, were there to give me a hug and hang my medal around my neck. Coach Marilyn Tarantino's time was 4:49:26.



Part 2 of a special running feature

I'm sure I can speak for my coach by saying with all our dear friends and family around, the telephone calls, and cards, the feeling of enormous accomplishment and support was deeply felt and it was very gratifying. To participate in the Free Press Marathon, you never know what to expect. The weather can be cold or warm, it could rain or snow or both. The sun could shine or decide to hide. The wind can be mild or very fierce. The conditions on 10-18-98 were drizzle rain, and hard rain, very fierce winds with gusts up to 35 miles, and especially around Belle Isle, it was extremely windy. No sun. The toughest five miles I did in the marathon was on Belle Isle. The most thrilling part early on in the race was the opportunity to run through the underwater mile, the tunnel. The mile I savored the most was down Woodward Avenue to the finish line with my cheering section and all of us rekindling our memories of Hudson's.

How does she feel? Continued on page 6.

Puttin' on a race face

BY
SUE PAVLAT

IN THIS FINAL PART OF THE STORY, JULIE'S
ENTOURAGE RALLIES WITH HER FOR THE
LAST LEG OF THE RACE.

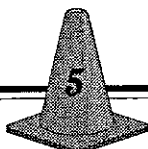
Pretty soon we could see Julie coming. It was easy to spot her and the gang of cyclists. She was very excited to see us. Julie also declined the warm, dry clothing in my backpack. These were two tough women! I feel like a wimp in my long sleeve shirt and tights! Jer graciously offered to carry the backpack full of clothing. Now Julie looks like a V.I.P. She has Julia and I running along side of her, 2 guys on singles, 2 single guys on 2 tandems, and one guy on a trike! Anyone want her autograph???

We pass the 24 mile mark and the rain starts falling lightly again, but Julie is in good spirits. Pretty soon we make a left turn. Julie looks up and yells, "Oh man, is this Woodward?" Yes, Julie it IS Woodward. She knows she only has about one and a half miles to go and there's no stopping her now. Here comes the race face.

As we pass Fox Theater, there's some more CRR's standing under umbrellas cheering her on... Pennie & Steve Morauski, Laurie Brickner and Doug MacDermaid. Julie is geeked. We pass the 25 mile mark and Julie says she remembers that I said the last mile takes care of itself. Go girl, go! Bill gets off the bike and gives Julie a big hug and a kiss. He says he will see her at the finish line. A little time for mushiness in the middle of Woodward. We run past what's left of the old Hudson's building, salute it and yell good-bye. Next weekend it will be a heap of rubble.

As we make the turn towards Cobo Hall, BAM, there's that head wind again. Julia and I run in front of Julie to help block the wind. In running, it's perfectly ok to draft off people. We pass Cobo and make the final turn onto Jefferson. And there it is within sight, the FINISH LINE. The bikes take off, Julia and I jump onto the sidewalk out of the Finish Chute and leave Julie with arms stretched up to the sky and the biggest

Continued on page 6



Julie, continued from page 5

So now you wonder what does it feel like to be a marathon runner the next day? Well, let me describe it to you. You can barely get up and down from a chair, you can barely go down steps, you can barely walk -- your quads and calves have never felt so bad -- and your back is sore, your feet are sore, your arms are sore, your neck is sore, but your spirits remain very high. Coach Marilyn describes it this way - "Like Having A Baby". It's the long-awaited anticipation, then the birth, then the pain and before you know it, the pain is gone and what you have is the happiness of the accomplishment and a lifetime of memories.

Prestige reaches out to sick children

Prestige Cycles has been selling raffle tickets to benefit sick children. Please contact them for more information at (810) 792-4040.

Dave and Sharon, continued from page 3

QUITE A SIGHT, FROM THIS HEIGHT

After arriving in Stowe, we all decided to bike out to Stowe Ski hill and ride the gondola to the top. We had doubts as to our directions before climbing the monster hill that lay before us, so Sharon and Marilyn had asked of the ski hill's whereabouts from the local shop owner. The local indicated that it was about 2-1/2 miles up the road.

"Why is it so hilly?" asked Sharon. "Because this is Vermont" was the reply. But Marilyn quickly indicated that "We didn't intend to bike all the way up the ski hill, that's what the gondola ride is for".

At any rate, we proceeded to climb "the" hill and after about 3-1/2 miles found the ski hill. We took the gondola ride for \$10 a head. Once at the top, you could see the entire river valley and the nearby mountains.

THE FOOD CYCLISTS DREAM ABOUT

The next morning, we were greeted with fog for the 10 mile ride to the train. We made it with plenty of time to spare, and we overwhelmed the restaurant. The Spanish omelet, potatoes, homemade bread, and raisin French toast was the best breakfast we had shared on the entire ride.

The train pulled in on time, and the four hour ride back gave us a chance to contemplate the entire trip. Some of it was good, some bad, but mostly the memories of riding in the valleys between the green mountains alongside the wildly dancing rivers would never be forgotten.

Race face, continued from page 5

smile on her face that I have ever seen. As she passes under the clock, a big 5:15 flashes. Bill, Marilyn and John were at the Finish Line with plenty of hugs and kisses for Julie. Marilyn finished in 4:46 and waited in the rain for her training buddy. Hats off to these two tough gals. It goes to show you what can be accomplished with a lot of hard training, guts, determination, and of course...a good race face. Way to go girls!!!

Club ID Cards

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 store to verify participation.

PRESTIGE CYCLES

36558 MORAVIAN • CLINTON TWP. (810) 792-4040

POINTE CYCLE & FITNESS

20343 MACK • GROSSE PTE. WOODS (313) 886-1968

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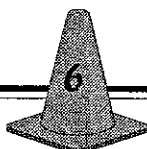
35241 23 MILE RD. • NEW BALTIMORE (810) 725-2878

CONTINENTAL BIKE SHOP

23262 JOHN R. • HAZEL PARK (810) 545-1225

Newsletter submissions

Submissions to the newsletter are welcome! Most information will be published in the current or next newsletter, depending on space availability and/or timeliness of article. The Rambler has been on an irregular schedule and an attempt is being made to fix that, perhaps with a small style change. If you submit articles on disk, please save them in Text (.txt) format. And to avoid a lot of editing, please try to limit submissions to less than 500 words. Thanks!



Duskey engagement

Forget Silver Bells, Jingle Bells, and Carol of the Bells. How about wedding bells? Yes! Darlene and Tim are engaged! Let's congratulate them and wish them well as they prepare for marriage.

Get it early and in color!

If you want to see the Rambler in color (just for kicks, it's the same thing), visit the CRR Website and click on the appropriate links. Then, go fix yourself a snack or ride the rollers until it downloads. It's a large file, we're not kidding, and you must have Acrobat Reader. In the future, if you want to read the newsletter before it is returned from the printer and mailed, let us know via email and Bill D. can add you to his notification list.

Our new members!

Paul & Ann Patronik
Richard Glasgow
Frederick Quinn, Jr.

Interaction



Editor Email:

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CRR Website:

www.lmb.org/crr/

LAB WEBSITE:

www.bikeleague.org

LMB WEBSITE:

www.lmb.org

PRESTIGE CYCLES:

www.prestigecycles.com

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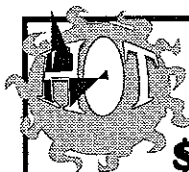
**Call Fred Quinn
(810) 254-6763**

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Next Meetings:

February 1
March 1
@ 7 p.m.

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



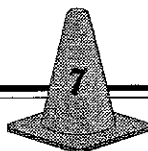
Cannondale MT 1000 tandem

• Frame size 20 by 18
• Many accessories!

\$1200
AS NEW

Kaye & Phil Bryan
of Clawson • CALL now

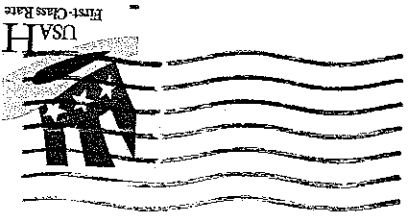
(248) 585-1464



Gary Haelewyn
 Jan Haelewyn
 41706 Merrimac
 Clinton Twp MI 48038



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 _____

Family Names _____
 Name _____ Birthdate _____

New Member **Renewal**

Please make check payable to:
 Clinton River Riders
 36558 Moravian
 Clinton Twp, MI 48035

**LEAGUE OF AMERICAN WHEELMEN ("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 Rider Bicycle Club ("Club") sponsored Bicycling Activities ("Activity"), I (or 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; (C) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES other and known to me or not readily foreseeable at this 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. HEREBY 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, advisers, 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 OPERATIONS. 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)

