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The RAMBLER



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Clinton River Riders Bicycle Club

February 2007

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586-819-0222

Clinton River Riders held nominations and elections that resulted in John Tarantino being selected as club president, Bill Stimpson accepted duties as ride director but must now decline for other reasons. Anyone interested in interim and or continuing as club Ride Director please contact John Tarantino. Also Les Dunham takes over as newsletter editor. At the same time Annette Smith and TJ Hill remain as Treasurer and Secretary respectively. Please welcome John back to CRR helm with his energetic, involved, and strong voice style. I would like to thank Gary Haelewyn as outgoing newsletter editor for his time, effort, and quality workmanship. It will be a mild learning curve as these transitions are effected.

An update on Sammy Jones.

He and all family members have returned to Michigan from St Judes Childrens Hospital. Sammy will have to return for follow up examinations in the coming weeks. Mean while there is 1 upcoming events to raise funds and awareness.

Monday February, 19 ia the Buffalo Wild Wings, in Mt Clemens and Washington Twp. 20% of meal receipts went to the Samuel Jones Miracle Cure Fund, for anyone bringing in the flyer found here: <http://www.lmb.org/crr/temp/buffwings.pdf>

March 11 will be "your chance of a lifetime". It will be held at Lifetime Fitness, in Shelby Twp. (near Lakeside). Details of what will be taking place have not been formulated yet. However, we do know that we will have access to their spinning room and gym.

continued -

There is no time like the present, for postponing what you ought to be doing, and go bicycling instead..

March Birthdays

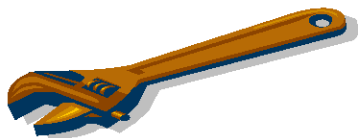
03/02	Mary	Mullings
03/07	Cathy	Muhl
03/18	Phyllis	Mottershead
03/20	Gerald	Anderson
03/22	Scott	Reader
03/26	Pennie	Morauski
03/29	Susan	Kinkela
03/30	Bill	Duemling

**We Wish All of You a Special Day
and continued health & fitness.**

Dear Michigan Bicycle Club
Newsletter Editor

It would be very much appreciated if the items below could be placed in your club's newsletter. It would be especially appreciated if the Michigan Recumbent and Tandem Rally on May 12th could be mentioned, as this event is being cosponsored by the Program To Educate All Cyclists (PEAC), a group that teaches disabled people to ride bicycles, often on tandems. PEAC is hoping that people will attend the May 12th event and volunteer with the organization.

If we can return the favor and list your club's major rides, please let me know. Thank you for your help on this matter.
Bob Krzewinski



The chain on your bike *occasionally* deserves your undivided attention. If you keep the chain clean and lubricated, your bike will run smoother and quieter and shift better. If you replace the chain when wear becomes measurable, all the other drivetrain parts will last longer. A chain has about 112 links. Each link consists of two inner link plates, two outer link plates, two pins and two rollers. The rollers ride on flanges that are formed on the inside of the inner link plates. This is the location of chain wear, which is often called "stretch."

And wear they do. The inside of those little rollers and the flanges they ride on are slowly grinding each other. Add a bit of grit, water, insufficient lubrication (or the wrong lube for your riding environment) and the process is accelerated.

S Jones - continued from page 1

Our plans are expected to include spinning by a volunteer instructor and a silent auction. As of now, the Pistons will be bringing in their 2 championship trophies, for photo ops. They have also donated a suite to offer up. A family friend, from out of state, has offered a Shugal/Picasso Print (no details yet) plus a 2 night stay in NYC, for 2 and tickets for a Broadway show.

Other items are expected to come our way but let us know of people, you know or anyone who knows a person who knows a friend of an uncle's second cousin once removed etc. that have connections.
(business/sports).

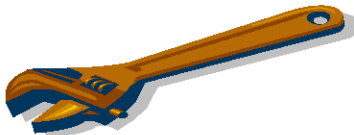


For Sale

2006 Specialized Stumpjumper Disc, 17"
used. See www.specialized.com for specs. Bought used and have never ridden it. Has some wear...scratches, no dents. Retailed \$1600, asking \$850. Contact Anne @ 248-910-5112, abrabow@yahoo.com or Mark @ 734-788-4455, thunderhorn25@yahoo.com.

1994 Santana Noventa (white) repainted and new components in 2001 \$1,500. Rear 48 spoke wheel 160 mm spacing respoked by Big John in 2001 \$75. Call Steve and Pennie 941-625-3213 OR Santandem2@yahoo.com for more info.

1989 Burley Duet Tandem
6 spd Suntour Accushift
Asking \$300 call Donna Menendez



As the chain passes around the chainrings, through the derailleur jockey wheels and over the cassette cogs, the rollers pivot slightly at every point of contact. Considering how many times a chain's many small parts go around on even one ride, that's a lot of potential for wear.

Popular lubricants are ProLink, Tri Flow, and White Lightning. ProLink claims to all but stop chain wear. Tested 9-speed chains and found no stretch up to 10,000 miles (about when the chains broke from metal fatigue). A chain should be replaced about every 3,000 miles. If you want to get the maximum safe mileage from a chain, there are two ways: First, keep it clean and lubed. Second, use a chain wear indicator.

Results from the finance meeting held January 14th at the Tarantino residence are as follows.

Total annual donations will be \$6,000

Contributions to	
Make-a-Wish	\$500
*purchasing 2 signs @ \$250 each for WAM	
League of American Bicyclists	\$500
Variety Club	\$1,500
PEAC - 2 x 2	\$1,500
Polly-Ann Lapeer Bike Trail	\$500
Velodrome	\$500
Clinton River Trail	\$1,000
Fund for Local Rides (balance from 2006)	\$400
Mt Clemens Library	\$300

At our next CRR meeting (March 12th) we would like ideas for BWR art. This will be used on shirts and BWR applications. Selections will be made at the April meeting. Bill Stimpson and Jane Franks have suggested to form a library contest or engage the local school art department next year for ideas.

March 3rd is the Bike Feast at the Olive Branch Masonic Lodge, 170 Mason St. in Dearborn MI. Cost is \$7 Contact Bill Smith or Tom Ferstle of the Down River Cycling Club for more details.

Despite all that winter weight you put on, you'll skim weight by buying titanium components



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ASK ABOUT ALARMS & CCTV SYSTEMS

Clinton River Riders 2007 Weekly Ride Schedule

Mondays:

9 AM Stony Cr Boat Launch Meet TJ Hill for mountain bike riding weather & road condition permitting.
Meet at Onyx Skate @ 1030 for ice skating. Call TJ 586-293-0162

7 PM Club Meeting

2nd Monday of the month. At Mt Clemens, Library (downstairs), 150 Cass Ave
Refreshments Served

Tuesdays:

9 AM Stony Cr Boat Launch Meet TJ Hill for mountain bike riding weather & road condition permitting.
Meet at Onyx Skate @ 1030 for ice skating. Call TJ 586-293-0162

Wednsedays:

No Weekly Club Rides scheduled. After March 11 (Clock change) ?

Thursdays:

9 AM Stony Cr Boat Launch Meet TJ Hill for mountain bike riding weather & road condition permitting.
Meet at Onyx Skate @ 1030 for ice skating. Call TJ 586-293-0162

Fridays

No Rides scheduled. Bill and Annette will return with the warmth.

Saturdays

9 AM Stony Cr Boat Launch Meet TJ Hill for a ride at the pace of the slowest rider. mountain bike riding weather & road condition permitting.
Meet at Onyx Skate @ 1030 for ice skating. Call TJ 586-293-0162

9 AM Schultz Fun. Home 8 ½ Gratiot for a 25-35 mile ride at 14-16 mph. Breakfast afterwards. Ride all winter unless weather or roads don't permit it.

930 Hiking Stony Cr W Branch. Contact Catherine Serra at 248-495-1630 or Catherine-serra@yahoo.com.
Weather permitting

Sundays

9 AM Stony Cr Boat Launch Meet TJ Hill for 50 miles mostly dirt road ride with a lunch stop in Lake Orion at about the 30 mile mark

10 AM Cadieux Café

Cadieux Ave (between Warren & Mack) 25-40 mile ride at 15-20 mph.

Ride Schedule format should return to normal in the next news letter as the editor learns and gains new software.

2007 Tour Ride Schedule thru June

May 19 Zoo-de-Mackinac, harbor Springs to Mackinaw City, 51M, Greg, 313-821-8414,
greg@zoo-de-mack.com zoo-de-mack.com

May 20 Lupus Loops Bike Ride, Shelby Twp, 6.5M, 50k, 100k, and 17.5M trail ride, Chuck
800-705-6677, info@milupus.org milupus.org

May 26 – 28 The Great Race XXVII Sports Festivalm Elkhart & Goshen IN. 50, 25,M Ron or Shelly
574-296-5890. wow@michiana.org

May 28 Tour De Lakes, W Oakland County. 8,31,62M. Charlene 313-438-4220 sisterscycling@aol.com
lmb.org/sisters

June 1 Harbor Springs Cycling Classic Harbor Springs. 20, 42M 100k, 3 day. 231-5262151
birchwood@race2000.com

June 2 The 100 Grand Bike Tour, Grand Rapids. 100, 62, 32, 17 M100Grand@wheelmen.com
Rapidwheelmen.com

June 2 Shoreline Bicycle Tour- Peddle and Paddle Montague. 16-58M. Jamie jpally@lmb.org lmb.org

June 3 Rochester Cycling Festival Rochester. Varies (festival or races, tour, veledrome) Jamie
248-656-4715 jamie@rochesterhills.org

June 10 Tour De Cure Brighton. 7, 15, 30, 50, 70M Meagan 888-342-2383 diabetes.org/tour

June 15 Shoreline Bicycle Tour-Sunshine Adventure Rogers City, 20-50M/day 5 day. Jamie
888-642-4537 lmb.org

June 16 Tour De Cure W Michigan Middleville. 5, 14, 25, 100M Karen 888-342-2383
diabetes.org/tour

June 16 National 24 Hour Challenge Middleville n24hc.org

June 23 Pedal Across Lower Michigan (PALM) Stevensville. 250M (xtra miles avail) Doris
734-669-0172

palmbiketour@yahoo.com

June 24 Visionary Bike Ride & Walk Owosso. 64, 25,13M bike tour 6 miles. Kate 810-235-2544
kbugee@vicflint.org vicflint.org

June 24 ride for Hope Stony Cr Metropark. Various distances. Kelly 248-672-8696
kelly@rideforhope.org rideforhope.org

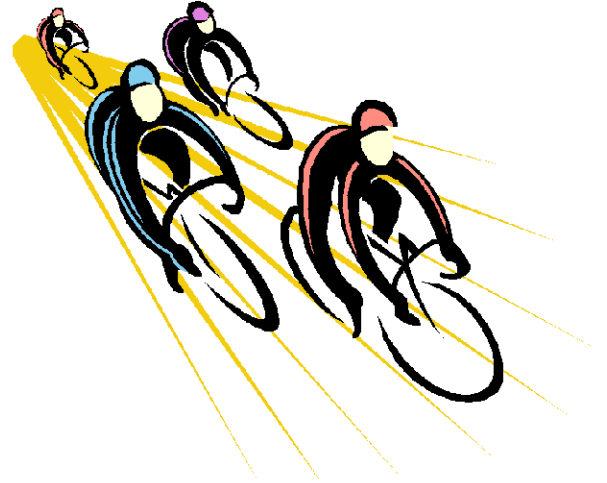
June 26 Wish A Mile (WAM-300) Bicycle Tour Traverse City to Chelsea. 100M per day, 3 days. Meg
734-994-8620 mlelli@wishmich.org wishmich.org

June 30 Michigan Recumbent Rally – Central Willow Metro Park, Various Distances. 517-694-6702
lpilot@comcast.net wolverbens.org

Photos from Catherine Sierra of winter hiking in the Great Lakes Region.



At the next CRR Club meeting we will be looking for ideas to highlight our Blue Water Ramble applications and shirts. Here are some ideas that could be used. I will bring a laptop to the next meeting so if you have any computer media files to offer a wider choice please feel free to support this cause.



Application Form - Clinton River Riders Bicycle Club

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

Name _____
 Address _____
 City _____
 State _____ Zip _____
 Home Phone (____) _____
 email _____
 Birthday _____

Additional Family Members

Name _____ Birthday _____

New Member Renewal

Yes, please add me to your list of active volunteers who help promote bicycling at the local, state, and federal level. I may be called upon to write a letter or attend a meeting.

Please make check payable and mail to:

Clinton River Riders
34501 Utica Road
Fraser MI 48026

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 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 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