



# Ride Schedule

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

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

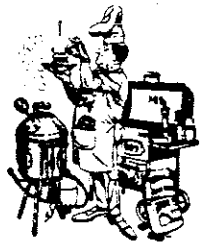
## Recurring activities for February/March

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.

## Scheduled rides for February

Saturday, February 27, pm. 1993 Bike Feast. Tickets may still be available. Contact Bill Cleland for information at 775-5125.

Sunday, February 28, 8:30am. Meet Duane & Elizabeth at Romeo High School for a round trip (mountain bike) ride to the Dryden VFW Hall for breakfast. Pace 16-18, 40-50mi. (last Sunday of each month).



**Swap Meet at the March 1st meeting.  
If you have things to sell or trade, please bring them.**

*continued from front page...*

The Clinton River Riders were at the Westin helping to put on the race. Our own Mike Holzhauser is the event coordinator. Helping to make things go smoothly were Doug MacDermaid & his sister Pam, Diane, Bill & Stephanie Baker, Mike Kiefer, Donna Donahue, Laurie Brickner, Bill Duemling, Gerald Bartels, Ron & Dorothy Smith, and Gary Haelewyn. Sincere apologies to anyone I didn't mention.

There will be a swap meet at the next meeting - bring in those extra components or spare parts you don't need and maybe sell them or trade for some other good stuff. Table space will be available.

Tickets may still be available for the Bike Feast - It will be in Westland, Saturday, February 27th. Call Bill Cleland for info. (775-5125)

League of Michigan Bicycle Club members have already received their '93 LMB calendar of events. Many club members can be seen on the

colorful cover.

The best action photo features our club jersey, as modeled by team Berthelson. Way to go, Barb and Warren! (Also seen on the '93 DALMAC application is a photo of Elizabeth Gondert riding across the Mackinac Bridge.)

Considerable discussion resulted from Sue Pavlat's report on her meeting with officials of Stony Creek Metropark. The Clinton River Riders are frequent patrons of the Metropark system, and want to be helpful in promoting cycling, and making our use of the park more enjoyable. To improve relations with the park authority, we have offered time and money to them, towards mutually acceptable projects. Our objective is to give the park a positive image of cyclists and repair any damage to that image thoughtless or careless cyclists have created. Sue has written the Park with comments from the meeting, and

asked a number of questions. We should be hearing more on this at the next meeting.

The application requests are already coming in for the '93 BWR. Andy Neuman has asked anyone interested in taking over, or co-chairing the event to contact him immediately. Heads are needed for several positions. BWR "wish list" items and any remaining written job descriptions need to be turned in so they will be available for the new people. New for 1993 is a "hot line" specifically for the BWR. This number will give out ride information, and instructions for getting applications. The BWR number is 468-6605.

If there are any accountants or CPA's in our membership that would be able to help with the finance committee, please contact Bill Duemling. We need help with revising our books to conform to current IRS regulations, and assistance in making sure we are "doing it right!"

## Birthdays



Pamela Beaujean  
3/1, Gene Petrovich  
3/2, Sue McNabb 3/3,  
Stephanie Wright 3/4, Ken Rhoads  
3/6, Patrick Pollard 3/7, Toni Cleland  
3/18, Phyllis Mottershead 3/18, John  
Gentilia Jr. 3/19, Ann Pytel 3/20,  
Thomas Weber 3/20, Jackie Kray  
3/21, Lynn Stebbins 3/21, David Bow-  
man 3/22, Karen Cooper 3/22, Cecelia  
Maliszewski 3/22, Jan Haelewyn 3/24,  
William Guilbert 3/25, Walter Mer-  
chant 3/25, Pennie Morauski 3/26,  
Teresa LoPiccolo 3/27, Bill Duemling  
3/30, Claudia Neumann 3/31

## Welcome new members:

The Clinton River Riders proudly  
welcome the following new members:  
*name will appear next issue*  
We hope you will enjoy this and many  
future seasons cycling with us.

## Hot Coffee/Coco Mugs

Available from the secretary for  
\$3.50 each. Can be purchased at the  
club meetings.

## CRR Reference Library

See for yourself the many good  
cycling videos available through the  
ride director.

### In Stock

"MS150 1991"  
"MS150 1992"  
LL Bean "Bike Touring"  
Cycling "Repair"  
Bicycling Magazine "Bicycle Repair"  
LAW "1991 National Rally"

### New Arrivals

"Effective Cycling"

### Coming Soon

"91 and '92 Club Video"  
(from CRR Christmas parties)

## Summer Adventure '93

Once again I am planning a week long self supported bike camping trip. My plan for this year is to ride from Boston to Bar Harbor, Maine. We will use the BIKECENTENIAL maps. Approximate distance will be 370 miles. Daily mileage will be on the order of 60 miles. Like last year meals will be in restaurants. I am tentatively planning this years trip for the 3rd week of July. I am considering leaving Thursday evening, July 15th and returning home on Sunday, July 25th. This would give us time to spend an extra day at Acadia National Park at the end of the trip.

As mentioned above, this is a camping trip. If you would rather motel it, I suggest you organize a separate tour since the coordination of both motels and campgrounds in the same trip adds complexity and detracts from the ability to modify plans as circumstances dictate.

If you are interested in joining me please give me a call and I will be happy to fill you in on the details. Bob George, 463-6058.

## Leader of the Month

Congratulations Duane! At the last club meeting, Duane Nieman was awarded the "Top Leader of the Month" trophy for his untiring effort to lead from the rear of Bill Duemling's tandem. Who will it be next month?

## To Whom It Applies (Tandems)

FYI. The Midwest Tandem Rally and DALMAC are on the same weekend this year and will be leaving from the same general vicinity. No arguments, please. Better flip a coin.

## Christmas Party Video

Sue Pavlat is having copies made of the '91 & '92 club videos shown at the last two Christmas parties. Here is your chance to get one. Both videos will be on one cassette and available from Sue for \$12.00ea. Please contact her at or before the March 1st club meeting.

## TOT?

John Edry is looking for help with this new ride which begins from the St. Clair High School. It is being presented by another club and they have asked our help in helping them get this ride off the ground either individually or as a club. Contact John if your interested.

## Childrens Cycling Program

Diane Baker's meeting originally scheduled for Feb 24 has been temporarily postponed. A date will be announced next month. All interested persons welcomed. With your help, Diane will be developing a program to teach young children the rules of the road and safe and proper bicycling habits. Contact her for more information.



**This is what you see  
when you don't contribute  
to your clubs newsletter**

**Remember this club depends on everyone.**

## Instant Turn

by Susie Jones

In the last Effective Cycling column I described Rock Dodging as an evasive action to take when you need to suddenly avoid an object (such as a rock) that appears in your path. This month's column will address a different scenario and the appropriate countermeasure, called an Instant Turn.

Picture yourself riding along the right side of the roadway approaching an intersection. You plan to continue straight through and are occupying the correct position for this action. Just as you enter the intersection a car passes you and makes a right turn in front of you. You have three choices: hit the car; execute a panic stop (described in the next column); or turn to the right onto the cross street.

Preparing for and executing a normal right turn takes too long and would cause a collision in this situation, so an Instant Turn is necessary. For the technique to make sense, however, you have to understand what happens during a turn. Many people think that a turn is produced

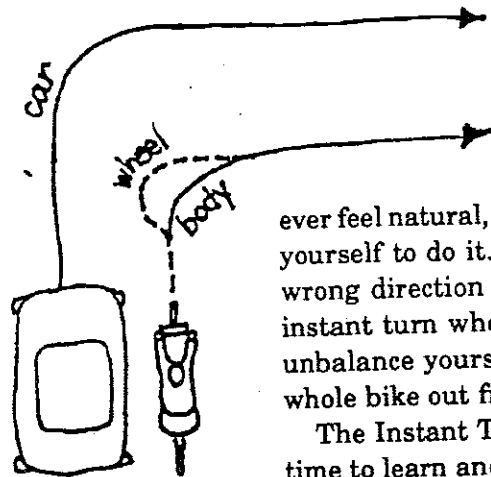
simply by turning the front wheel, but you actually lean first and turn second. Because they happen so fast, the two moves appear simultaneous.

For a planned turn you start by leaning in the direction of the turn. Instead of immediately steering to get the bike back under you, you wait until you are leaning more and more. The bike then steers itself around the corner while you adjust the handlebars so it feels as if they are directly under you. By steering sharper into the turn you start to fall out of it, which lets you straighten up.

In the situation described above, this type of turn would take too long, because you are not already in a lean position, and you would end up hitting the car. To force the lean quickly you have to perform a maneuver that feels unnatural (and sounds even more unlikely!)

"Turn your front wheel left-the

wrong way, toward the car. By doing this you've forced a right lean, and you'll start to fall right. The moment you've got a good lean started, after a tenth of a second or so, turn your front wheel right and you'll find yourself in a tight right turn. This is what you've done. To make a right turn you must lean right, so to hurry up the leaning process you made your bike



track to the left a few inches. Then you are leaning over properly and can steer a right turn. This doesn't

ever feel natural, and you must train yourself to do it. It is a jerk in the wrong direction at the start of the instant turn when you deliberately unbalance yourself by steering the whole bike out from under you."

The Instant Turn will take some time to learn and must be practiced regularly. Set a sponge down in an abandoned parking lot and start by Rock Dodging it, slowly progressing to the Instant Turn.

*"Effective Cycling Notebook,"*  
*LAW Bicycle USA magazine.*

## Doing Your Part

The club is now taking an active part in promoting cycling especially mountain biking at Stony Creek, thanks to Sue and Jerry's efforts. But we are each responsible for maintaining the respect we are entitled to. Please be considerate of others and the environment that we all share.

## 90% of the Titanic

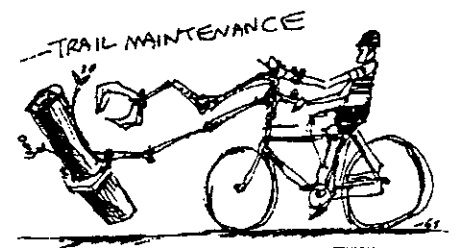
90% of mountain bikers ride responsibly, follow the MMBA/IMBA responsibility code, **Stay off multi-use, especially muddy trails in the spring**, do trail maintenance and positively contribute to our forest environment on a whole.

At first 90% sounds pretty decent, until you remember that 90% of the hull of the Titanic was in ship-shape condition.

## For Sale

1986 Bianchi Track Bike  
51.5cm c-to-c, Columbus P.S. tubing,  
Ofmega crankset, Look pedals, 1/8"  
pitch chain, Cinelli pista bars &  
stem, ITM bars w/front brake,  
Suntour Superbe 36° track hubs,  
320gm Ambriso rims  
...and other stuff...

will build clinchers if preferred.  
Great spring training. Call William  
for details (313) 549-2246.



## Newsletter Deadline

The deadline for the next newsletter is Monday, March 8. Please bring items for the next newsletter to the meeting or contact the editors.

To schedule events for the ride calendar, please call the ride director.

