



February 1997

Blue Water Ramble

Volunteers are needed to head the committees that organize the BWR. If you can help, please volunteer at club meetings. Remember that BWR is the main fund-raiser for the Clinton River Riders bicycle club.

BWR T-shirt design

The T-shirt design was chosen at the February meeting. Doris Mulligan submitted the winning design.

Elections

Elections were in February. Thank you to the people who volunteered their time to serve as club officers for 1997:

President: Gary Green
Ride Director: Rick Jones
Secretary: Julie Windhorst
Treasurer: Greg Schultz
Newsletter Editor: Sue Pavlat & Debbie Angst (team)

Club Membership Dues

Club membership expires in January. Please register by mail or at meeting. See application in this newsletter. If your name is highlighted, contact the treasurer, Greg Schultz (810)775-2208 or your newsletter will stop in March

Christmas Party

We need another chairman for 1997 Christmas Party. Please volunteer at club meetings.

Editors Note:

Ted Gondert will be leaving as editor. I'm proud to have edited the Clinton River Riders, *RAMBLER* newsletter for 2 years. Sue Pavlat & Debbie Angst have accepted nominations as a team.

Please submit articles by Thursday after the meeting. Call Debbie at (810) 573-8089 e-mail: "doubietime@teieweb.net"

AMTRAK & Bicycles

Amtrak was planning to have roll-on bicycle baggage cars on their long distance inter-city lines. But apparently those plans have been changed to have smoker's lounge cars instead. You can write to Amtrak's CEO at: Tom Downs CEO, Amtrak, National Railroad Passenger Corporation, 60 Massachusetts Ave NE, Washington, DC 20002 <http://www.amtrak.com>

The LAB hopes to get many letters sent to Amtrak to encourage them to accommodate bicyclists. For more information contact: Donald Tighe, LAB Communications Director 410/539-3399 ext. 215; DWT LAW@aol.com

Allen Greenberg, LAB Gov't Relations Director 202/462-8376; LABDC@aol.com or write: LAB, 190 W. Ostend St., Ste. 120, Baltimore, MD 21230 BikeLeague@aol.com and www.bikeleague.org.

Happy Birthday Greg W. Bartley 3/27, Hank Baum 3/3, Reggie Cavender 3/6, Toni Cleland 3/18, Bill Duemling 3/30, Gail Faulk 3/28, John Jr. Gentilia 3/19, Tracie Golman 3/30, William Guilburt 3/25, Jan Haelewyn 3/24, Teresa LoPiccolo 3/27, Cecelia Maliszewski 3/22, Alex Moed 3/29, Pennie Morauski 3/26, Phyllis Mottershead 3/18, Gene Petrovich 3/2, Sarah Sproul 3/1, Susan Stigleman 3/3, Lori VanSlembrouck 3/21.

Next Meeting

Monday, March 3, 1997
 7:00 p.m. at Mt. Clemens
 Recreation Center
 300 Groesbeck (at Lafayette)

President

Gary Green (810) 468-7351

Ride Director

Rick Jones 879-2490

Secretary

Julie Windhorst 939-6073

Treasurer

Greg Schultz 775-2208

Editor

Debbie Angst 573-8089

LMB Representative

Warren Berthelsen 781-6706

Hot Line

792-4670

RAMBLER

DUES!!



Ride Schedule

Reoccurring Rides

Call the **Hotline (810) 792-4670** for latest information

Winter has arrived so most rides have been canceled.

Check for Wally Ball and some cross country skiing

Saturday 9:00 a.m.: meet Doug at Shultz Funeral Home, 8 1/2 mile and Gratiot for 25 mile ride to Grosse Pointe.

from the mailing list: michbike@mail.msen.com

Monday 6:45 p.m.: Do you have night riding gear and a mountain bike? If so, you're welcome to join our Monday night ride from Maple Lane Florists in Clawson. Depending on the conditions, we ride anywhere from 16 to 25 miles. We leave at 6:45 every Monday, 50 weeks a year. (Some people take off Memorial and Labor Day.)

Tuesday and Thursday 7:00-9:00 PM: meet at Prestige Cycles for roller/trainer riding. Bring your bicycle, equipment and water (shop has well water) to train with other riders to make it more interesting. Prestige bike racing team members will help lead. Call Prestige Cycles (810) 792-4040 for more information

Wednesday 6:30 setup, 7:00-8:30 p.m. : spin training at Continental Bike Shop, 23262 John R. , 1 Blk N of 9 mile. (810) 545-1225. Ride rollers or trainers with coaching available from Robert Lyndon. They also have a CompuTrainer for interesting riding with varying work loads and graphics to motivate you. Call them for more information.

Rides for February

Sunday, Feb. 23 8:30 a.m.: meet Ted Gondert at Romeo high School for mountain bike ride, 35 miles at 12-14 mph to Dryden for pancake breakfast. Sausage, eggs, hash browns, tomato juice, pancakes. Ride goes if weather is OK and back roads are passable. Could stay on pavement if necessary.

Other Rides and Events

Stair Climbing

Downtown Detroit at the Westin Hotel, Renaissance Center. Meet at 9:00 a.m. for some good exercise in the winter.

Skiing in Mio

February 22 1997: meet Doug MacDermaid in Mio for cross country skiing at Loud Creek. Make motel reservations if you want to stay over Saturday night. Call Doug or Laurie if interested and for list of motels in Mio. (810) 939-4670

Summer Adventure tour

Bob George is planning a self contained bike trip this summer. Wants to ride the entire length of the Erie Canal from the Niagara River to Lake Champlain. He plans to start the trip on Saturday, July 12. The trip should last 10-14 days. Planning is just getting started. If you are interested contact Bob George at: (810) 463-6058 or e-mail bobgeomts@aol.com

Wallyball

Saturday 6:00 -7:30 p.m. Feb. 8 , Feb. 22: at the Warren Racquet Center on Civic Center drive (12 1/2 mile and Van Dyke) behind the Cony Island.

Trek Bicycle Factory tour

Jerry Pavlat is planning a tour of the Trek bicycle factories in Waterloo and Whitewater, WI. **Thursday April 24 to Sun. April 27.**

TOSRV

The 36th annual Tour Of the Scioto River Valley bike ride from Columbus Ohio to Portsmouth and back. 6000 riders. Mothers day weekend, May 10-11. Ride is 105 miles each day with overnight sleeping bag space in Portsmouth on Saturday night. Gear is sagged. Send Self Addressed Stamped Envelope to: TOSRV 97, PO BOX 14384, Coiumbus, OH 43214-0384 for application by March 1. This ride fills up fast

Walden School of Cycling

March 2-8 Hunt, Texas, March 9-15, 16-22, 23-29 in Mt. Dora Florida. One week sessions .

Attendees will learn bicycle handling skills for group/paceline riding, fast cornering by the Walden method. and some training on hills including a 15% downhill. Riders are separated into groups so you will ride with similar riders instead of trying to chase racers or waiting for the slower riders. For super tourists to USCF Category racers.

There is talk of having a weekend camp up here next May. This will not happen without people responding. Contact: Hughes Sports Professionals (810) 652-0511. (810)652-0535 (fax) Walden School of Cycling, 116 W. Second St., Rochester, MI 48307

Wolverine Webpage: <http://www.rust.net/~jjohnson/wolv.html>

Tandem Rally 1997

Columbus, Ohio will be the site for this year's Tandem Rally on Labor Day weekend. Sue Pavlat has booked some extra rooms. Call for information. (810)545-5578

CRR Canadian bike tour

This year's out of state tour is planned for **July 4 through 19** in Canada. Starts in Toronto to Kingston, Ottawa, Montreal and Quebec with layovers in the towns. Camping, B & B and motels are planned accommodations. There will be a sag van that carries the gear with rotating drivers. Planning meeting at Dan Feucht's, 1836 Hamman Dr., Troy, MI. **3:00 p.m. Sunday March 2** Call if you're coming. (810) 528-0557

Bike Feast

The Bike Feast is a get together dinner for area bicycle clubs. **Sunday March 2** at the Melvin G. Bailey Rec. Center in Westland, 36651 Ford Road east of I-275. **Pot-luck, bring a dish to pass.** Main course of chicken, roast beef, potatoes supplied. This year features bike shop vendor displays and a bicycle swap meet from 12:00 to 4:00 p.m. Dinner and social hour is from 4:00 p.m. to 9:00 p.m. Prestige Cycles will have a fashion show of cycling gear. Call Gary Haelewyn (810) 286-5094 to purchase tickets for \$3.

Tour de Stony

The 1997 Personal Fitness ride will follow similar format as last year. Once a month on a Wednesday evening at Stony Creek, one lap, timed, in May, June, July and August. You must participate in three events to qualify for awards. Contact Hank Thoenes or Sue Pavlat to volunteer or for information.

Club ID Cards

Identification cards for club members are available from Greg Shultz at club meetings. Back of card has room for emergency information such as phone #, allergies, etc.

Bike shops with discounts for CRR members with ID cards.

Prestige Cycles 36558 Moravian Dr., Clinton Twp.	(810) 792-4040
Two Wheel Authority 1109 S. Washington, Royal Oak	542-7182
Pointe Cycle & Fitness 20343 Mack, Grosse Pointe Woods	(313) 886-1968
Mountains of Bikes 42201 Garfield, Clinton Twp.	(810) 412-0500
Antoon's Bicycles 42918 Schoenherr, Sterling Hgts	247-9240
Sterling Schwinn 2169 Metro Pkwy, Sterling Hgts 878 S. Rochester Rd, Rochester Big Ralph's Schwinn Cycling 23521 Nine Mack, St. Clair Shores	979-7570 652-1555 772-3258

Macomb Schwinn
28441 Schoenherr, Warren 756-5400

Stoney Creek Schwinn
58236 Van Dyke, Washington 48094 781-4451

Main Street Bicycles
112B South Main St., Romeo, MI 48065 336-1177

Anchor Bay Bicycles and Fitness
35241 23 Mile Rd. New Baltimore 48047 725-2878

Continental Bike Shop
23262 John R.
Hazel Park, MI 48030 545-1225

CRR Mileage and Participation Awards

Rules:

1. You must be member by June 1st to qualify for 1996 awards
2. You must participate as a worker for BWR either prior to or day of ride.
3. You must participate in at least 10 club functions.

Mileage Awards:

1. Self monitored-- must submit mileage cards,
2. 10% of total distance must be on club rides. Club rides include all club supported invitationals & all club rides posted on Hotline.

Participation Awards:

Based on a point system from club sign in sheets

1. Club Officers 5pts
2. BWR Committee head 4pts
3. Club Ride Leaders & CO-Ride leaders 3pts
4. Each ride, club event and meeting attended 1pt
5. Ride Leaders and Riders on invitationals 1pt
6. Sag Drivers for club rides 2pts

Youth Awards:

Awards by age only: 15-18, 11-14, and 10 and under.

1. Self monitored--must submit mileage cards. *

Commuter Awards:

1. Self-monitored--must keep track of number of days you commute to work & submit on mileage cards. *

* submit mileage cards minimum of 4 times a year at club meetings or by phone, all miles count.

Effective Cycling Class

The **EC Road 1** class will be taught by Diane Baker and John Snethcamp in Berkeley, MI at the AYH center. Effective Cycling meets for three consecutive Wednesdays, May 14, 21, 28 in the evening. Contact the AYH in Berkeley, MI for more information. (continued)

EC continued:

Effective Cycling is a course to teach proper cycling habits to ride on the road with traffic. "Cyclists fair best when they act and are treated as drivers of vehicles" is the motto of the League of American Bicyclists sponsored course.

There is classroom instruction and riding skill drills i.e. quick turn, rock dodge and quick stop in the parking lot and on the road training in traffic situations.

A cold ride to Dryden

by Ted Gondert

Jan. 26 was the last Sunday of the month, Time for the Dryden breakfast ride from Romeo High School. The weatherman was predicting a high of 18 degrees, partly cloudy with some flurries in the afternoon.

Gary Haelewyn wanted to come when he called at 7:30 a.m. but I told him the temperature was 14 degrees, don't know if the gravel roads were icy or not. So, Gary decided not to come. Since I'm the ride leader and it's only a mile, (uphill) to the high school I get ready to go. Find all my cold weather clothes, that don't seem to fit too good. Put on polypropylene underwear, quilted thermal underwear, leg warmers, tights, balaclava, hat, jacket, liner gloves and two finger mittens. Roll the bike out and notice it's cold even with all that on. My back kept getting cold where the pants and jacket left a gap. Pedal up to the high school expecting nobody to show up, when I see a solitary red Volkswagen in the parking lot with Eric Braun on his mountain bike. We decide to try riding around the high school to warm up and see if anybody else shows up, they didn't.

Rode up 32 mile to the first gravel road to see how icy it was. The roads were in fair shape, plowed with some hard packed snow and enough traction with the knobby tires. As we get going we see a car coming the other way, it stops and Bill Duemling pokes his head out and says we must be crazy! You warm up as you go up the hills and it doesn't seem so cold. Figure we can just go a few miles and turn around if needed. Just have to head in the right direction, north and west, to get there according to the map.

Campground road to 34 mile to Dequindre, Leonard Rd., Secord Lake, etc. I see another intersection and turn up McKail road. The sun is peaking out from the clouds in front of us on the right. Wait a second! doesn't the sun rise in the east and stay to south in our neighborhood, shouldn't it be behind us I think? Get out the map at the corner and look, guess we shouldn't have turned up McKail but we go north on Wales to Hough and take a break to walk some to warm up our feet and double check the map. Another car stops and the lady asks if we're familiar with the area, she is looking for Sandhill road. Look at the map and it's just ahead for her. Back in saddle we roll along at an easy pace on Bishop road to

General Squire. There's a good downhill with some uphill after it. I'm a little reluctant to go too fast on snow and ice but it's not too bad and we slowly ascend the other side. That must be the road, Mill, that leads to Dryden VFW but the sign is missing. General Squire park is just ahead as I remember it from a year or two ago, the last time we rode up on mountain bikes. The sledding hills are open as people get out of their car wondering about those crazy bicyclists on the road! Now it's just a half mile to the warm VFW hall. Lock up our bikes and go inside. The man inside taking the money says it must have been a little cold riding up, we say it was nippy but not so bad. The pancakes, ham, eggs, hash-browns are excellent after riding, nothing like a little exercise to whet the appetite. Probably eat more than the exercise burned off but don't want to diet today. After breakfast we put our jackets on and get ready for the ride back. Looking at the map we try a slightly different route. South on Mill road to Hough.

Saw the Polly Ann trail, it looked unused and was blocked by a brush pile on one side of the road. The Polly Ann trail is an abandoned rail road, the tracks were pulled up a few years ago but there is some opposition from local land owners to opening it as a rail-trail. If it officially opens will connect from Lake Orion to Oxford then to Leonard to Dryden, Imlay City, Lum, Kings Mill. It would a good addition to the recreational and transportation options in Oakland and Lapeer counties. Paint Creek trail has been successful with many people using it with little of the problems that some thought might occur when it was opened several years ago.

On Boardman road we wanted to turn south on Fisher to 36 mile but we got rolling down hill and Fisher went by before we knew it. Didn't want to turn around to go back so we went to next road, Weyer to 37 mile road. It didn't seem right but the map said Hipp road went through from 37 mile to 36 mile. The road was paved north of Hipp road but it didn't go south unless you went through a farmers field. Van Dyke was just ahead so we road along the shoulder to 36 mile to Hipp, 35 mile, Gould, 34 mile and Campground. Finally the home stretch. The easy downhills when we started that morning seemed to get steeper on the way back. Back at the high school my speedometer shows 35 miles. Eric says it was a good ride and admonishes the others who didn't show up. We had to stop, rest and warm up a few times, have to get back in shape, but after it's over you're glad you went.

When the weather isn't too cold or wet, or too much snow and ice, with the right clothes and equipment, winter riding can be enjoyed.

You can get on the mailing list: icebike@cyclery.com, for more stories of riding bicycles in the winter.

I wonder if Gary will be there
on Feb 23? Should be sausage!

Weekend in Wisconsin, Trek Factory Tour

Dates: Thurs, April 24th - Sun., April 27, 1997

Points of interest: Touring two Trek Factories, lunch on Friday afternoon, bicycle riding for 3 days, shopping, movies, room for 3 nights

Approximate Cost for weekend: \$238.00 (or less if sharing room)

Please join Jerry & Sue Pavlat for a 4 day weekend in Wisconsin touring Trek Bicycle's two manufacturing facilities in Whitewater, WI and Waterloo, WI. We will see how Trek manufacturers their steel, carbon fiber, and aluminum frames using state-of-the-art laser technology, along with painting, wheel building, final assembly installing the components and boxing the bicycles for shipping.

Our first nights stay will be in Lake Geneva. The rooms are all non-smoking and have kitchen facilities, 1 queen size bed and 1 queen sized sofa sleeper. You can have one couple per room, or share with another couple. Bring something for breakfast Friday morning like: cereal, yogurt, bagels, muffins, fruit, juice, etc. Price of room is around \$50.

On Friday morning, April 25th, after breakfast, we will tour the Trek Factory in Whitewater. The tour is approx. 1 hour. After touring the Whitewater Factory we will eat lunch in Whitewater. Lunch is around \$7-\$8 and is included in the package price. After lunch we will head north to tour the Waterloo Factory which also takes approximately 1 hour. Trek will provide us with routes for those choosing to go for a ride in the Waterloo area. Afterwards, we will head to Madison.

In Madison we will be staying at the Holiday Inn/Holidome. All rooms at the Holiday Inn will be non-smoking. They will have one king size bed, or 2 double beds and are based on double occupancy. The Holiday Inn is a Holidome with an indoor pool, so bring your bathing suits. It is directly across from the largest shopping mall in Madison, which offers plenty of shopping, restaurants, and movie theaters. There are limited number of rooms with double beds. If you choose to share a room with another couple to cut down on expenses, it's first come first served. Base price of room with either one king size bed or two double beds is \$90. If you share with another couple, it's an additional \$20 per room.

On Saturday we will have several bike routes to choose from with various terrains. Trek will kindly provide the maps. Everyone is on their own to eat, ride, shop, etc. We could possibly meet inside the Holidome for dinner and share in the cost of pizza.

Sunday morning we could ask for a late check out, do a short, early morning bike ride before heading back home.

WEEKEND IN WISCONSIN RESERVATION FORM

Your Name(s) _____

Will you be sharing a room in Lake Geneva? (circle one) YES NO

Name(s) of people sharing a room with in Lake Geneva: _____

Will you be sharing a room in Madison? (circle one) YES NO

Name(s) of people sharing a room with in Madison: _____

(Lunch will be a chef's croissant, soup, potato salad, pickle, drink)

Do you require a special diet? (circle one) YES NO

If so, please list: _____

\$ _____
\$50 Deposit required Per Couple
Check # _____
Date Paid _____

Mail to: Sue Pavlat, 404 E. Harrison, Royal Oak, MI 48067

98032#42276 06

HARLEWYN, GARY, JAN & FAMILY
41706 MERRIMAC
CLINTON TWP., MI 48038

If Name Highlighted your
Subscription / Oues Are Needed



Renewal Application Form Clinton River Riders Bicycle Club

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

Name _____
Address _____
City _____
State _____ Zip _____
Home Phone _____

Family Members

Name Birthdate

New Member Renewal

Please make check payable to:

CLINTON RIVER RIDERS
3655B MORAVIAN
CLINTON TOWNSHIP, MI 48035

LEAGUE OF AMERICAN WHEELMEN ("LAW") RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT ("AGREEMENT")

IN CONSIDERATION of my being permitted to participate in any way in The Clinton River Rider 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 ("RISKS"); (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 ECONOMICAL LOSSES either not 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 incurred 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, 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 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)