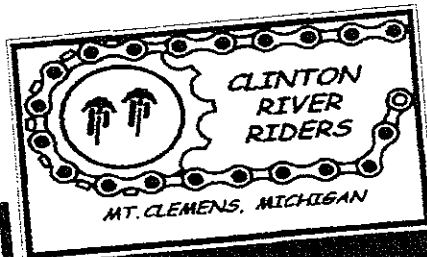


March/Early April
2000



RAMBLER

CRR OFFICERS

President: John Tarantino (810) 677-0482
Ride Directors: Bev Clark and Duane Larkin (313) 372-3731
Hotline Updates: Bruce Carlson (810) 254-9322
Secretary: Julie Windhorst (810) 939-6073
Treasurer: Sandy Overway (810) 781-8315
Rambler Editor: Loren Bach (248) 656-1750
Email bachmarius@mindspring.com
LMB Representative: Michael Sproul (810) 445-2868

Don't forget the Bike Feast 2000

**Sunday April 2, 3:00PM
to 9:00PM**
**Knights of Columbus
St Lawrence Council
44425 Utica Rd
Utica, MI 48317**

Getting in Shape

You'll be surprised by how well your body can adapt to new physical challenges. But unless you adequately prepare, the first few days on tour may be unpleasant - or even bring your trip to a grinding halt. Caution: It is advised that you receive a thorough physical exam by a medical doctor before your tour. If you are over 30 and have any doubts about your condition, consider having a stress test and EKG; a sports-oriented doctor would likely be versed in the special demands put on the body by cycling.

Let your doctor know that you will be doing a bicycle tour averaging from 30 to 70 miles a day. On self-contained tours, you'll carry between 30-45 pounds, including food and cooking equipment. Elevations may be in excess of six to nine thousand feet, and temperatures could be above 100 degrees at times. Tours often pass through areas where medical

care is not readily available.

Tell your physician about the special stress your body will experience while touring: on the cardiovascular system, eyes and skin, muscles and connective tissues (especially knees), nerves in your hands, and the gastrointestinal system from varied water sources, irregular meal times and sustained daily exercise.

Conditioning

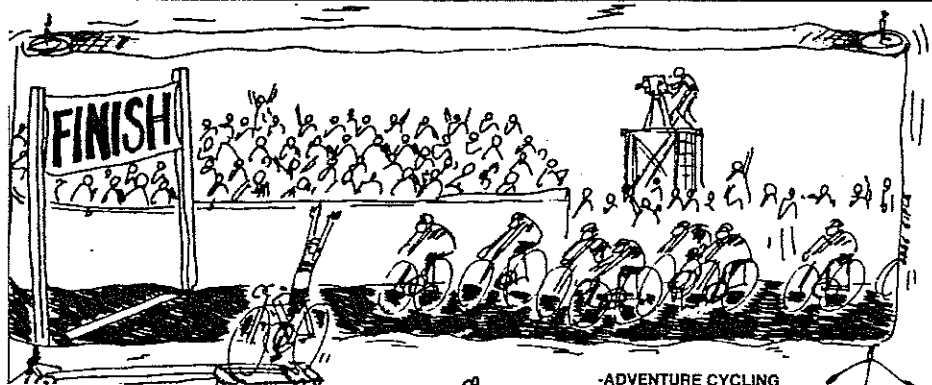
Begin your training at a mileage that feels comfortable, whether it is 5 miles or 25 miles. Try to ride 3-4 days per week. Gradually increase mileage, working up to 70-mile day rides over the course of a few weeks. In training for a tour, riding speed and training heart rate are less important than endurance and time spent on the bike. The goal is to eventually ride several consecutive days (as you will on tour) and spend as much time as possible in the saddle. Commuting to and from work is one way to do both.

Be sure to take some long rides fully load-



Touring Tips from the ADVENTURE CYCLING ASSOCIATION

from Adventure Cycling's Handbook for Self-Contained Tours



-ADVENTURE CYCLING

Spring is coming...ideas for getting in shape!

NEWS BITS

BWR artwork will be judged at the April meeting. The artwork will be used for T shirts for participants.

Gary Haelewyn is requesting that someone volunteer to chair the BWR this year. Please contact any club officer.

Winter club jackets are in. Please pick them up at the April club meeting or have someone else pick it up for you or call Sandy Overway (810-781-8315) to make other arrangements. There are two extra jackets for sale for those who did not order a jacket but would like one. The sizes are large and extra large.

See our Rambler newsletter on-line

For all members who would like to download the newsletter from the League of Michigan Bicyclists website, you will need to download the Adobe Acrobat program to your computer so that you can obtain the newsletter. You can download Adobe directly by visiting <http://www.adobe.com/products/acrobat/readstep.html>. The instructions are also given to you when you visit the website at <http://www.lmb.org/crr/> You will find a link directly to the Adobe site.



Editor Email (NEW)
martusbach@home.com
CRR Website
www.lmb.org/crr/
LMB Website
www.lmb.org
LOB Website
www.bikeleague.org
M.U.T.S and Midwest Tandem Rally
www.acen.org/kvanden/muts/mtr/

Monthly Meetings

1st Monday of the month
Meeting time is 7 PM

Dates

(Note) April 10

May 1

June 5

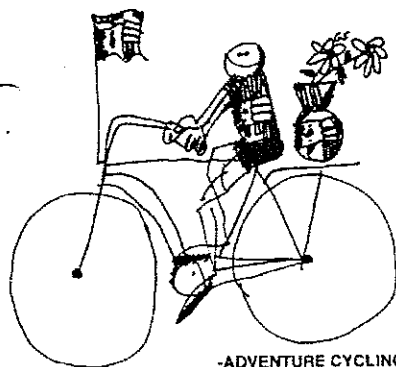
Mt. Clemens Recreation Center, 300 Groesbeck Mt. Clemens, MI (next to ice arena) Call John Tarantino (810) 877-0482 or Bruce Carlson (810) 254-9322 for more info or club applications. Volunteers needed to bring treats. (Club subsidizes cost)

Non-Ride Events

Wallyball!

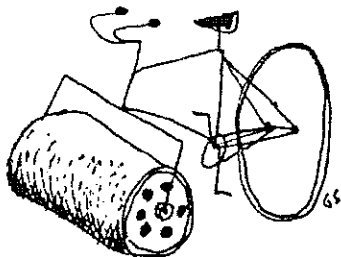
Join Bill and Diane Baker at the Warren Raquet Club and/or for dinner afterwards. Call (810) 739-0261

Clean up at Stoney Creek Metro-park on April 22 8 A.M.-noon. Refreshments served. Advance registration needed, call (810) 781-4242. This is not a CRR sponsored event, but we use this park for many ride events.



Think Spring!

CLUB RIDES



-ADVENTURE CYCLING

Spring Cycling

Editor's Note

Sorry for the delay in the newsletter. There wasn't really a whole lot of news to include so I delayed, hoping for member contributions. Are there any bikers out there who would like to contribute articles to pass the time until the weather warms up? Sure beats cleaning your chain!

My spring training is off to a slow start. That is, to be honest, it hasn't started. My excuse is a new pup in the home. We take lots of rambling walks, but I haven't biked with her yet. So, along with bragging rights, here is a picture. Cute huh? We're bonded! Loren

Call the Hotline for Updates
(810) 819-0222

Recurring Rides

(More details on each ride can be obtained by calling the ride leaders below)

Note: Bring lights and reflective clothing to rides.

Thursdays

6 P.M. Ride

Ride with Bill Duemling from Prestige Cycles for 25-35 miles at 14-16 MPH pace. Route will vary. Need head and tail lights. Call Bill at (810) 468-2947.

Saturdays

Grosse Point Ride

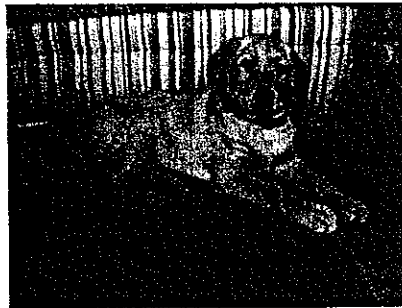
9 AM meet Jane Bernard from Schultz Funeral Home, 8 1/2 mile and Gratiot for approx. 30-35 mile ride at 14-16 MPH pace. Breakfast (or lunch) after the ride. This ride will continue through the winter, although it will be cancelled on days where pavement is icy or snow-covered.

Sundays

Wimp Ride

Join Diane and Bill Baker and/or Bill Duemling for a 13-15 mph ride (slower if windy) with breakfast midway through the ride. The route will vary. Call (810) 307-8801 or (810) 739-7049 for more info.

**Be sure to check the hotline for updates as the weather gets warmer.
Spring is on the way...(I think)**



"Getting in shape"
Continued from pg.1

ed, to "feel at home" with the added weight of full panniers. Ideally, you should take at least one overnight trip, which will help you determine if you've packed wisely, and give you a chance to test your equipment while there's still time to make changes or adjustments.

Lastly, it is important that you avoid over-training. If you should begin to feel increasingly tired, depressed, or irritable or begin to dread riding, you may be training too hard or too often. By the start of your tour, you do not want to feel "burned out" or suffer from sore knees. Listen to your body and rest when necessary. ■

ADVENTURE CYCLING
a s s o c i a t i o n

P.O. Box 8308, Missoula, MT 59807
(406) 721-1776

Club Discounts

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 the store to verify participation.

Prestige Cycles
36558 Moravian Clinton Twp.
(810) 792-4040

Pointe Cycle and Fitness
20343 Mack
Grosse Pte. Woods
(810) 886-1968

Mountains of Bikes
42201 Garfield
Clinton Township
(810) 412-0500

Antoon's
42918 Shoenherr
Sterling Hts.
(810) 247-9240

Big Ralph's Schwinn
23521 Nine Mile
St. Clair Shores
(810) 772-3258

Macomb Schwinn
28441 Schoenherr
Warren (810) 756-5400

Stony Creek Schwinn
58236 Van Dyke
Washington (810) 781-4451

Main Street Bicycles
112 B South Main St.
Romeo (810) 336-1177

Anchor Bay Bicycles
35214 23 Mile Rd.
New Baltimore
(810) 725-2878

Continental Bike Shop
24436 John R
Hazel Park (248) 545-1225
New Address 1/2 mile north on the
corner of Mapledale and John R.



Want Ads

1995 Santana Noventa tandem, large frame, color-pearl white. Excellent condition, low miles, 48 spoke wheels, drum brake, 2 computers, 4 bottle cages, rear rack & bag, adjustable stoker stem & shock seat post. Cassette, chains & tires are brand new! \$3,500. Call Sandy Overway 810-781-8315.

Santana Tandem for sale: 1994 Santana Visa, Med. Frame, seafoam green w/ white trim. Shimano XT components, Syntec mustache front bar w/ bar end shifting, Sun Chinook rims w/ Wheelsmith spokes & Continental tires, Rear V brake, Dual Avocet computers, four bottle cages, Blackburn rear rack, Leather gel front seat, Tailbones gel rear seat, Zefal HPX pump, Stoker handlebar mirror. Asking \$1800. Call Doug McDermaid (248) 593-9113

Trek 400 Road Bike, red 19" steel frame, very good condition. \$150.00 Call Jay at (248) 360-4792

Trek 850 Mountain Bike, gray 18 steel frame, very good condition, \$150.00 Call Doug or Laurie at (810) 939-4670

Vision VR42 Recumbent (1997 Model). Above seat steering. Very low miles, like new. \$1600.00

Night Rider Classic 12/20/32 watt dual beam system. New in box. \$155.00

Terry Men's Liberator Saddle. Just two rides. \$25.00

Wanted!!! Cinelli Volare SLX Saddle. (Came on bikes in the mid '80's with Nuovo Record and Superbe Pro Class components.)

For above call Bruce Carlson (810) 254-9322 or email bicarlson@juno.com

New Members

2000

Larry Rumley

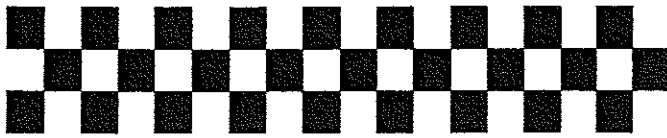


BIRTHDAYS For MARCH AND APRIL

3/12 Todd Richman
3/18 Phyllis Mottershead
3/26 Pennie Morauski

4/2 Rick Jones
4/7 Will Lajack
4/11 Dorothy Smith
4/22 Sandy Mastay





The Pres 'sez...

Just a reminder to all you bikers out there to give your birthday information to Sandy Overway so that you can be included in the birthday list each month. Only the day and month is needed. Many members like to send birthday cards and use this list to let you know they are thinking of you.

Thank you, **John Tarantino**, President



Bicycle News from the **ADVENTURE CYCLING ASSOCIATION**

taken from the manual of the Colorado Bicycle/Pedestrian Program

Biking Near Trucks and Buses

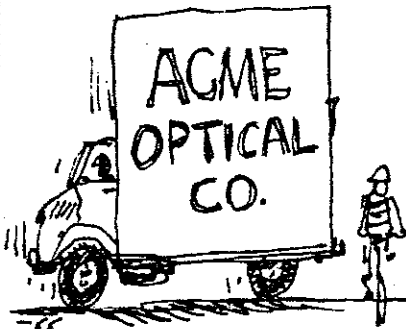
We can help avoid trouble when biking near large vehicles by keeping in mind the fact that the driver of a truck or bus has several "blind spots" - certain areas around the vehicle that the driver simply cannot see, even with the specialized side view and fish mirrors that modern large vehicles are equipped with for safety. We have to do our part by being "heads-up" in those situations when we find ourselves near large vehicles.

The key to being safe around large vehicles and buses is to **KNOW** the **NO-ZONES**. **NO-ZONES** are those areas on all sides, even the front and back of large vehicles, where the driver cannot see other vehicles or fixed objects...bicyclists.

Side Blind Spots

When a large vehicle makes a turn at a street corner, that long distance between front and rear wheels means that the rear wheels may "off-track" and run across the pedestrian area at

the curb. A skilled driver knows just how the wheels must track in order to make a safe turn. But bicyclists should not pass trucks or buses on the right



and should always stay out of **NO-ZONE** areas. Keep your place in traffic behind these vehicles staying alert for lane changes or turns at intersections or driveways.

Behind the Vehicle

When it becomes necessary for a truck to back up, perhaps to make a delivery, the vehicle will probably block the sidewalk for a short time. Don't race behind as the truck backs up, trying to avoid a little inconvenience! The driver cannot see you, and

just like thinking about racing to beat a train at a grade crossing, it's a race you won't win. Remember that a truck or bus that appears to be standing still may move suddenly, particularly in crowded city traffic. Stay safe, and stay clear of backing trucks and buses.

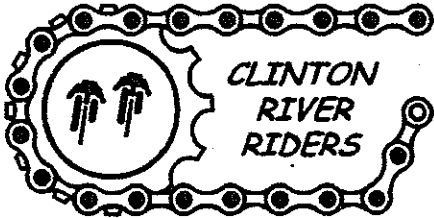
Stopping Takes Longer

It's easy to understand that a lot of power is required to move a bus or a large truck through traffic. It's important to realize that once that large vehicle gets rolling, it's going to take a longer distance to come to a safe stop - much farther than for a passenger car! Don't be in a hurry to cross in front of a bus or truck that's approaching a crosswalk or intersection, even a well-trained professional driver might not be able to avoid an accident.

Remember these safe bicycling tips, and be aware! ■

ADVENTURE CYCLING
a s s o c i a t i o n

P.O. Box 8308, Missoula, MT 59807
(406) 721-1776



36558 Moravian
Clinton Twp MI 48035

Gary Haelewyn
Jan Haelewyn
41706 Merrimac
Clinton Twp MI 48038

APPLICATION FORM
CLINTON RIVER RIDERS BICYCLE CLUB

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

Name _____
Address _____
City _____
State _____ Zip _____
Home Phone (_____) _____
email address _____

Name _____ Birthdate _____
Family Names _____

New Member
Renewal

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

Signature _____ Date _____
Signature _____ Date _____
Signature _____ Date _____

(All riding members must sign)

**LEAGUE OF AMERICAN WHEELMAN ("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 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: (e) BICYCLING AC-

TIVITIES 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 reactions, the actions or reactions 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, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

