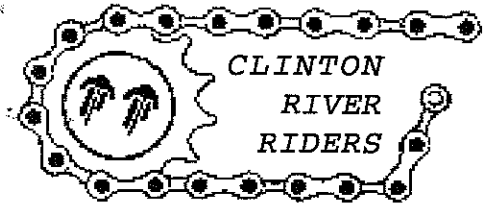


March 2001

The Rambler



15th Annual Bike Feast: Sunday, April 8

The Clinton River Riders will serve as hosts for the 15th annual Metro Detroit Bike Feast, scheduled for Sunday, April 8, 3-9 p.m. at the St. Lawrence Council Knights of Columbus Hall, 44425 Utica Road in Utica (the same location as last year). Wear your 'club colors', jersey or jacket, to show the other attending clubs we've got CRR pride!

The social hour is scheduled for 3-5 p.m., and will feature swap items (they must be clean), vendor displays, as well as some interesting club challenge games. Also, new this year we will be raffling off items from the US Postal Service Cycling Team.

5 p.m. is dinnertime. Each member couple attending must bring a dish that will serve 10-12 people and a utensil to serve the dish. Pick from any of the following food categories: Appetizers, Vegetables, Salads, or Desserts.

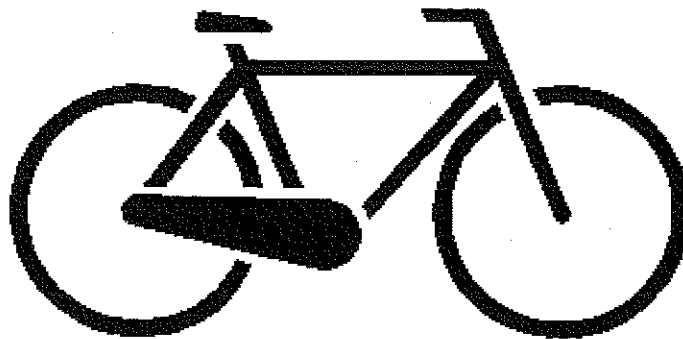
Meat (probably chicken and

sausage) will be provided along with coffee, tea, ice and a powdered drink. B.Y.O.B. (beer or wine only please) and soft drinks if desired. Note: beverages are not allowed outside of the hall.

After dinner, there will be some interesting presentations, a fashion show put on again by Prestige Cycles as well as more prize giveaways and club challenge awards.

Tickets are \$5.00 each. Diane Baker is handling ticket sales – contact her ASAP at (810) 739-0261.

If you have ideas (more games!) or questions don't hesitate to call event chair Gary Haelewyn: (810) 286-5094.



Volunteers needed for CRR Bike Rodeo, May 12 in Eastpointe

In our continuing effort to provide bicycling safety and education opportunities to the community, the Clinton River Riders will host a Bike Rodeo for elementary-school age Eastpointe Boy Scouts and Girl Scouts on Saturday, May 12. This is the first of what will hopefully be a regu-

lar, annual series of Bike Rodeos for youngsters in communities throughout our riding area.

Bill Windhorst is chair of the May 12 Rodeo, and he and others are deep in the midst of planning details of the event. A number of volunteers are needed to help present activities for the

100-200 children expected to attend.

If you can volunteer your time on May 12, or you have any questions about the event, contact Bill at (810) 939-6073, or via email: wetandem@todaylink.com



The Rambler



The official publication
of the
Clinton River Riders
Bicycle Club

Editor: Bev Clark
313/372-3731

Members are encouraged
to submit articles
for publication!
Submit via email to:
bclark@todaylink.com
or call 313/372-3731
for other options

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League of Michigan Bicyclists

Regional Director:

Mike Sproul
MFSLMBRTC@aol.com

We're on the web:

<http://www.lmb.org/crr>

GENERAL MEETINGS

Mondays -

April 2, May 7, June 4
7:00 p.m.

Mt. Clemens Recreation Center
300 Groesbeck Highway,
next to the
municipal ice arena

Ride Schedule

March 2001



Call the Ride Hotline for updates:
810/819-0222

To add, delete or change scheduled rides
call the Ride Director: 313/372-3731

Helmets are required for all rides,
and front and rear lights are required for any rides
that take place before dawn or after dusk.

WEEKEND RIDES

Saturdays at 9:00 a.m. - Ride The East Side! with Jane Bernard, starting at the Schultz Funeral Home, Gratiot at Toepfer (8 1/2 Mile Road, Warren). The ride is approximately 30 miles, at 14 to 16 miles per hour, with a stop for breakfast or lunch after the ride. This ride is weather-dependent - it's usually a "go", but will be cancelled at the discretion of the ride leader if the weather turns ugly.

Ted Gondert usually plans a ride from Romeo to Dryden on the last Sunday of each month. Give Ted a call for upcoming dates and details: (810) 752-7043

WEEKDAY RIDES

No weekday rides scheduled for March - let's add some for April!

! ? HAPPY BIRTHDAY ? !

A number of club members have recently pointed out inaccuracies in our Birthday listings, so as of this month we are suspending the printing of birthdays in the newsletter until we can create an accurate list. You can help in two ways:

1) When you renew your club membership, please put the correct birthdates for you and any family members in the appropriate blanks on the application form.

2) If you're willing, take a moment to call or write the newsletter editor and let her know your correct birthday! Call 313-372-3731, or email bclark@todaylink.com

FOR SALE - 1997 Trek 520

Green, 200 miles, STI equipped, asking \$500. Contact Ron: 313/567-1479

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To place a classified ad,
contact the Newsletter Editor

Club Clothing

There are a few people who have not picked up their club clothing order from last year. Please call Sandy Overway (810-781-8315) to make arrangements or the clothes will be made available to other club members!!! Also, let Sandy know if you have an interest in ordering club socks.

Thank you all

Thank You for the wonderful plant with flowers for me to enjoy during my recovery with my surgery (CMC thumb joint). Thank you also for your prayers for the second part of the surgery coming up in March to remove the pins.

Sincerely,
Linda S. Dahlke

The Prez Sez ...

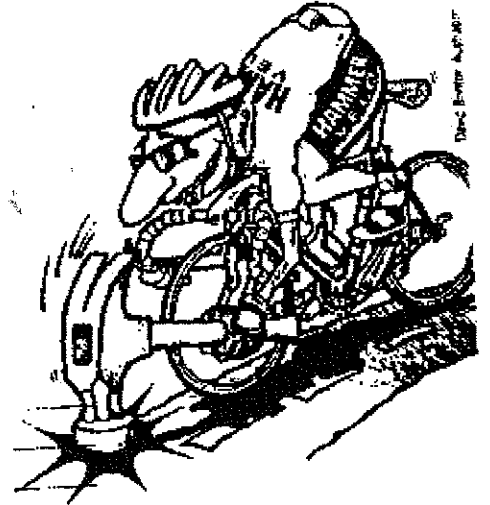
A new year is upon us and before you know it we will be riding again. I'm looking forward to getting out on the road again. I'm also looking forward to volunteering in some of the events the club is putting on this year.

Gary Haelewyn is organizing the Bike Feast, which will be on April 8. Bill Windhorst is organizing a bike rodeo for May 12. We're helping out with a Boy Scout bike-themed campout too, led by Steve Mastay the first weekend in May. And, the Blue Water Ramble is on October 7, chaired this year by Diane Baker. These are a few events where we have an opportunity to help out.

Anytime that I've volunteered to help at an event it has been a lot of fun. Meeting people and talking with them about cycling is always a good time.

I hope everyone will make time to help out with these events. Please call Gary, Bill, Steve or Diane to volunteer. Without your help these events wouldn't be possible. Thank you for your support.

— John Tarantino



Old bike parts, volunteers needed for Boy Scouts bike camp

The Michigami District (Warren, Centerline, Fraser, and Roseville) of the Boy Scouts of America is seeking any old, worn-out, misshapen, damaged, bent, deformed, obsolete, or simply unwanted bicycle parts for its Spring Camping Event. Any small parts would be welcome, as they will be mounted to wooden bases and used as trophies for the various events to be conducted at the camp, which for the FIRST time is themed around safe and fun bicycling.

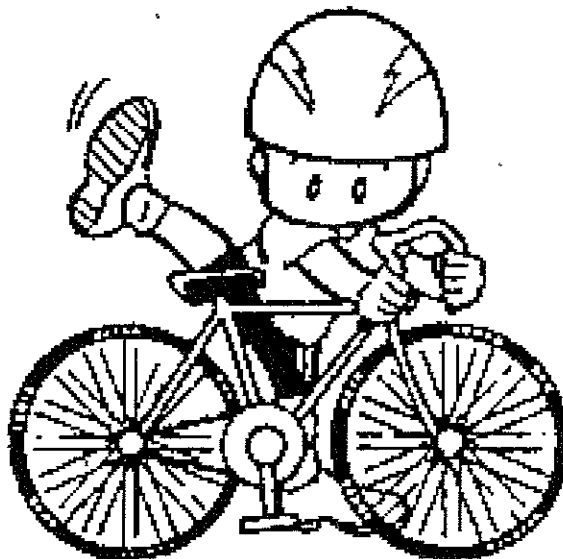
The organizers are expecting 150 to 200 young men aged 12 to 18 to attend and participate

in the various events, to be held at Camp Rotary on 29 Mile Rd. between Schoenherr and Romeo Plank on the weekend of May 4, 5, and 6.

The first event will be a mandatory bicycle and helmet inspection, which will

be conducted on Friday evening, starting at about 8:30 p.m. Each bicycle presented will start with a score of 100 points with deductions taken for various safety or functional deficiencies. The inspection will be based upon the list found in the current edition of the BSA Cycling Merit Badge Handbook. Any members who might be interested in helping out for a couple of hours Friday evening would be welcomed.

For further information on helping out or to donate used parts, please contact Steve Mastay at 810-558-7707, email smastay@earthlink.net





Try a multi-day bike ride

by Bruce Dwyer,
Potomac Pedalers Bicycle Club

Looking for a bicycling adventure this year? Why not try a multi-day ride with a whole bunch of other cyclists. Take a look at the web site of the National Bicycle Tour Directors Association: www.nbdta.com, where you will find information and links to over 60 rides, including rides in Mexico and Canada.

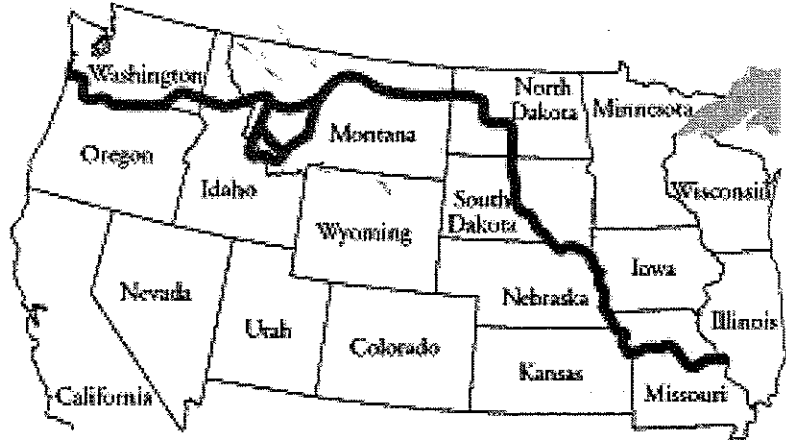
Multi-day bike rides have become more and more popular in recent years. The typical format is a ride of five to seven days, cycling 50-80 miles each day, camping on the school grounds in a small rural community with meals offered by a local service group. The ride organizer provides maps and/or cue sheets and/or route markings, sets up rest stops, transports your luggage to the next town, and organizes sites to see during the day and entertainment in the evenings so your trip is an adventure, not just a bike ride.

While the concept for these rides is similar, each ride is different, reflecting the culture and terrain of its state, how much you pay, and the organizing groups style. Price varies considerably depending on how much is offered. A typical cost without meals would range between \$130-\$190.

When you pull the map out to marvel at how far you traveled by bike, a point-to-point or cross-state rides give you a much greater sense of accomplishment than a loop ride of the same distance because it only covers a more compact area. However, the loop ride is much less of a

continued on page 5 >>>>

Bicycle guide to the Lewis & Clark Trail



Tod Rodger, full-time cyclist and author, has published a new must-have tour book: *Bicycle Guide to the Lewis & Clark Trail*.

This 3,000 mile tour follows the early 1800s footsteps of America's greatest explorers, offering magnificent scenery, quiet roads, a variety of accommodations and food options, and wonderful people from western Illinois/eastern Missouri to the Pacific Ocean.

In addition to 85 route maps, 100 photos, detailed directions, and the touring hints you expect in a typical bicycle guide, this 308-page book offers:

- **A Master Plan** to help you develop an overview plan before you leave home — based on your personal preferences for distance per day and type of lodging (camping, motels, and B&Bs)
- **125 Town Descriptions** (75 with maps) to help you find what you need in each town, such as lodging, camping, restaurants, food stores, bike shops, and museums. Plus, historical sketches of towns and stories of what Lewis and Clark did in the area
- **Separate Cue Sheets** (detailed directions) with maps for both westbound and eastbound travelers which you can tear out and put in your pocket or handlebar bag

The book is available from Deerfoot Publications for \$24.95 plus \$4.00 Priority shipping and handling. You may send your check for \$28.95 directly to Deerfoot Publications, 16 Deerfoot Trail, Harvard, MA 01451; further details and an order form are also available from Rodger's website: www.deerfootpublications.com

Disclaimer: The Editor has no affiliation with Mr. Rodger or Deerfoot Publications; nor, to the best of her knowledge, is she related to the aforementioned Clark.

Swap meet in Saline

The 2001 Saline Bicycle Swap Meet is scheduled for Sunday, April 29, at the Washtenaw Farm Council Grounds, 5055 Ann Arbor-Saline Road, 1/2 mile north of the town of Saline. Traveling from the east on I-94, take exit #175 and

the council grounds will be three miles to the south.

Visit the town of Saline while you are there — it's full of quaint gift shops and coffee shops.

For details on the swap meet, call 734-429-3145 and leave a message with your questions.

Time to tune up those bicycles

by Eric Sharp, Detroit Free Press Outdoors Writer

The roads are clear and the air is getting warm enough to encourage thoughts of hopping on the ol' bicycle for the first spring ride. Which means that before you pedal it, you should check out your bike to make sure it's fit to pedal.

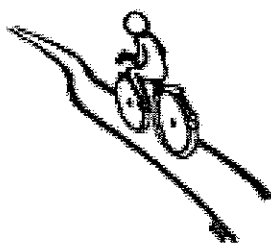
First things to examine are the wheels and tires. The latter should be full of air (the proper pressure is marked on the tire sidewall, just like cars). Worn treads and cracked sidewalls mean the tire should be replaced.

Wiggle the wheel spokes. A loose spoke will cause more spokes to become loose. That will result in a wheel that wobbles or even collapses, which I can state from experience is unpleasant when it happens at 20 m.p.h.

You can tighten loose spokes with a spoke wrench or small adjustable wrench, but do it slowly. If you put a lot more tension on some spokes than on others, the wheel will wobble. If you find a lot of loose spokes and haven't had your wheels trued for some time, it's worth a trip to a bike shop to have things put back into line.

Next, stand in front of the bike with the tire between your knees and try to twist the handlebars sideways. They shouldn't move. If they do, align the handlebars and tighten the Allen nut on the top of the headset.

Now squeeze the brake levers hard with the bike at rest and try to shove it forward. A mountain bike with V-brakes should refuse to move with its wheels locked. Road



bike brakes aren't quite that efficient, but it should be difficult to make the wheels turn.

If the brakes aren't tight, check the pads. They should have at least one-eighth inch of rubber. If the brake pads aren't worn, you'll have to move them in toward the wheel rim. This isn't difficult, but it can be tedious and require several tries.

Now check the gears. Raise the back wheel off the ground by putting the bike on a stand or hanging it from a garage rafter by a rope around the seat. By the way, all of the steps we have taken so far are much easier if you have a second person to help steady the bike, so it's best to work in pairs.

With the bike off the ground, turn the crank (pedals) with one hand while you click it through the chain rings (the gears at the pedals). It should shift chain rings smoothly. Now do the same with the rear gears. The chain should jump from cog to cog quickly and move only one gear at a time.

If the rear gears seem a little sluggish or jump more than one gear at a time, you can make minor adjustments with the small knob where the cable enters the rear derailleur (the device that moves the chain).

Finally, go over the whole frame to look for cracks. If you see any openings, take the bike to a welder.

Or you can forget all of the above and get a tune-up at a bike shop. That's what I usually do.

*from the March 16, 2001
Detroit Free Press — reprinted with
permission of the author*

Multi-day bike ride

««« from page 4

logistics endeavor without the extra day to travel by car or bus (and truck for your bike) to get from the ride finish, where you park your car, to the ride start. For the less hardy, most rides give you a list of motels where you can make your own reservation. The number of cyclists on any ride will vary from under 100 to over 10,000. Standing in line becomes an opportunity to meet new friends.

From my own experience, going on one of these multi-day rides is my favorite way to bike. I have done Bike

Virginia (for all its 14 years) as well as rides in Ohio, Georgia, South Carolina, North Carolina, and Mexico. For the last few years, my wife has joined me on several rides where I will concede to the motel option. Some of our best friends are cyclists we met on these rides and we look forward to our bicycle reunions.

So what is the NBDTA? It is an organization of ride directors trying to make his/her ride safer, more fun, and just plan better every year. Most of the ride organizations are non-profits interested in promoting bicycling as a healthful way to have

a vacation, while also stimulating interest in bicycling in local communities. The member ride organizations help one another out by sharing information on what works well and what does not work. They work together on solving problems common to all rides. And they offer this fabulous web site to help us find a ride we would like.

So click on www.nbdta.com, pick a ride, start training, and next year you can wear a cool T-shirt as proof that you rode your bike 400 miles in one week across/around your favorite state and really toughed it out by camping.

MEMBERSHIP APPLICATION FORM

Clinton River Riders Bicycle Club

Make check payable to:
 Clinton River Riders
 36558 Moravian
 Clinton Township MI 48035

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

New Member Renewal

Name: _____

Address: _____

City: _____

State: _____ ZIP: _____

Home Phone: () _____

Email: _____

Family Names _____ Birthdate _____

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

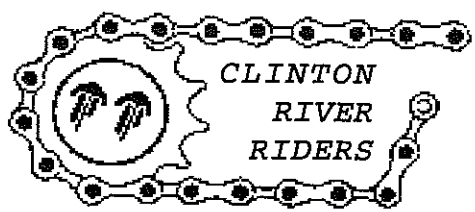
am qualified to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTANDING 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 risk of my participation in the Activity.

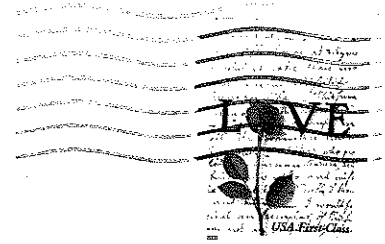
3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Club, its respective administrators, directors, agents, employees, other participants, any sponsors, advisers, and, if applicable, owners and lessors of premises on which the Activity takes place (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 NEGLIGENCE 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)



Newsletter Editor
 16021 Collingham Drive
 Detroit, Michigan 48205-1411



FIRST CLASS

Gary Haelewyn
 41706 Merrimac
 Clinton Twp., MI 48038

If you haven't renewed your CRR membership for 2001, this is the last newsletter you will receive!

