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The "RAMBLER"

Clinton River Riders Bicycle

**March
2005**

Spring is just around the corner as I look out my back window at all the snow still on the ground (see picture below). But don't let the snow dampen your thoughts of the new 2005 cycling season.

Inside this month's newsletter you'll find Mr Moorman posting the club's annual "rite of spring", the St Patrick's Day breakfast which happens to include 2 rides and a Coney stop for lunch. (Bring skis just in case). There's also a barbeque for a cause, cartoons from Doug MacDermaid and Shiela Jones, an Earth Day celebration, and the usual and somewhat unusual found in this tabloid such as the following riddle.

I contain three natural sugars - > sucrose, fructose and glucose combined with fiber, to give an instant, sustained and substantial boost of energy. Research has proven that just two servings provide enough energy for a strenuous 90-minute workout. No wonder I'm number one with the world's leading athletes. What am I?

There are more clues inside.



March 2005

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20 St Pats	21	22	23	24	25	26
27	28	29	30	31		

HOTLINE

586-819-0222

(Press 1 for latest updates)

WEEKLY RIDES

CHANGES

Call Bill Baker, Ride Director

586-739-0261

CRRrides@wideopenwest.com

2nd Monday in April

MONDAYS

Club Meeting 7 : 0 0 PM, Mt Clemens Library (downstairs), 150 Cass Ave, just west of southbound Gratiot on the North side of Cass across from Mt Clemens High School. The May meeting will be on May 9th.

5 : 3 0 P M

WEDNESDAYS Starts April 6th LIGHTS REQUIRED

Sheffield Shuffle I—Meet Ken and Cindy Rosiek at southwest corner of Sheffield Office complex Big Beaver Rd and Cunningham Dr just west of Coolidge. 30-35 miles light conditions permitting, pace 15-17 MPH. Rolling hills. Pace and terrain difficulty will increase as season progresses. Good training ride, come early and often.

6 : 0 0 P M

THURSDAYS

LIGHTS REQUIRED

Meet Bill and Bill at Prestige Cycles, Moravian & Garfield, 2 hour ride to unknown destinations at 13-15 MPH.

9 : 0 0 A M

SATURDAYS

Meet Jane Bernard for the Schultz Funeral Home Ride at 9:00AM at Toepfer (8-1/2Mile) and Gratiot for a 30-35 mile, 14-16mph ride with breakfast or lunch after the ride. Goes every Saturday through the winter unless it's raining at the start location, or the roads are icy.

9 : 0 0 A M

Meet Dave Komendera at the West Branch Parking Lot for a 50 miles of Mountain biking. Lunch will be in Lake Orion around the 30 mile mark.

9 : 0 0 A M

SUNDAYS

Meet Dave Komendera at the Stoney Creek Boat Launch for more Mountain biking to unknown destinations at the pace of the slowest rider for a distance to be determined

REMINDER: IF YOU HAVE NOT RENEWED YOUR MEMBERSHIP THIS IS WILL BE YOUR LAST NEWSLETTER.

April 2005

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11 Club Meeting	12	13 River Meeting and Mongolian BarBQ	14	15	16 Earth Day SC
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Note: Send newsletter ride changes and/or additions to BLUECYCLIST@YAHOO.COM

Sunday March 20th, 2005—St Patricks Day Ride—

Routes: Two approximately 15 mile loops, both beginning and ending in the parking lot at New Street and Pine Street in downtown Mt Clemens. First loop begins after breakfast (around 9 AM) and the second begins soon after we complete the first loop, around 10:30 AM.

Breakfast: Restaurant to be determined. I hear that the Old Broadway Cafe has closed again, but I don't know for sure. I'll be checking once we get back from Florida.

Lunch: After the second loop many of us indulge ourselves and have a coney or two at the Mt Clemens Coney Island. Questions: Call Rick or Susan O'Moorman (586) 792-0119

Wednesday April 13—Watershed meeting and Clinton Macomb Public Library Romeo Plank and Canal, discussion to include Clinton River Pathway. Call 586-226-5040 to register and more information.

Wednesday Evening April 13 - Bill and Julie Windhorst will be having dinner at Mongolian Barbeque on Hall road near Lakeside between 6 and 9 PM. Count how many platefuls Bill can consume in one 3 hour session. The waitress, their niece, will be donating all tips to the Leukemia foundation. Call Bill or Julie at 586-939-6073 to make your reservation..

Saturday April 16—**Earth Day Cleanup** at Stoney Creek Metropark—8-12PM Hot Dogs served for lunch. Call John Tarantino for possible ride info and any other details at 586-677-0482

April 16—Outer Banks, NC.—A self contained bicycle tour beginning on or about the 16th of April. The plan is to drive to Washington, NC. From there ride a circle route along the Outer Banks. Total mileage is a little more than 300 miles, 50-60 miles a day.

Highlights will include the Wright Brothers National Memorial, the Cape Hatteras National Seashore, and 2 ferry boat rides. Schedule will be loose allowing time for sightseeing (It may include a day off).

Estimated duration of the trip including travel to and from North Carolina is 10 days. Primarily camping, with a combination of cooking and restaurants. Call Bob George 586-463-6058 for more information.

Recumbent Rallies Return

See what all those recumbent riders are smiling about by taking some test rides at one of the Michigan recumbent rallies this year. For those not familiar with the bikes, recumbents have the rider sitting in a chair-like seat with the result being the lack of back, neck, seat and wrist pain.

On May 14th the Michigan Recumbent Rally East will be held in the southwest Detroit area, followed by the Michigan Recumbent Rally Central near Lansing on June 25th. In September there will be the Michigan Recumbent Rally West at Hastings (south of Grand Rapids) on the 10th and the Fall Recumbent Rendezvous in the northern Detroit region on September 17th.

The Rallies are free, one-day, no registration events that include recumbent dealers, displays, test-rides and used bicycles for sale. "Buying your first recumbent" talks are given, as well as group rides. For more information the Rallies, the Wolver-Bents, or recumbents in general, visit the Wolver-Bents Recumbent Cyclists website at www.wolverbents.org, e-mail wolverbob@cs.com, or call 734/487-9058.

May 14th, 2005 (Saturday)

Michigan Recumbent Rally - East Willow Metropark pool shelter, southwest Detroit area, 9am-3pm, 734.487.9058, www.wolverbents.org, wolverbob@cs.com

June 11-12, 2005 (Saturday and Sunday)

Michigan Human Powered Vehicle Rally Waterford, northern Detroit area, 313.884-0109, www.lmb.org/mhpva, WKiebler@Comcast.Net

June 25, 2005 (Saturday) Michigan Recumbent Rally Central Holt, Michigan (Lansing area), 10am-3pm, 517.694.6702, www.wolverbents.org, wolverbob@cs.com

RESCHEDULED:

April 11—Touring Tuscany— Leonardo Gianola will be showing his slide show at the April Meeting of a summer cycling trip he and some friends did in Tuscany. Leonardo, who speaks fluent Italian but will present the show in English, will have maps showing the areas they cycled as well as information on where they stayed, cost, foods they ate, and ambience of the people and area.

June 3-6 Men's Cycling Indiana— Frank Mottershead is planning this year mens trip to Lafayette Indiana home of the famed Lafayette Liquid Libations. Call John Tarantino and let him know if you're planning on attending.

SHIMANO BRAKE CABLE RECALL

Shimano has announced a recall of certain road bike brake cables. They are all after-market cables with individual packaging. OEM cables (those that come on new bikes) and bulk packaged cables (like we use on all repairs) are not affected. These cables are easy to identify. A friendly bike dealer in California has put up a web page that shows how to easily identify the affected cables. <http://www.chainreaction.com/recallshimanocable.htm> You can also download the original Shimano recall notice at: <http://www.lmb.org/temp/brakerecall.pdf>

June 23-26—Tobermory and Owen Sound—Join Ken and Cindy Rosiek for a weekend of hiking and biking in Cananda. Itinerary: Thursday arrive Tobermory, Friday hike Tobermory and Flower Pot Island, Friday evening, arrive in Owen Sound, Saturday and Sunday bike Owen Sound area. Call Ken and Cindy 248-541-0861 or email jrosiek144107@comcast.net by February 19.

More Clues to What Am I:

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it the perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the fruit's industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating this fruit at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert..

Constipation: High in fiber, including this in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a milkshake, sweetened with honey and this fruit. It calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn: This fruit has a natural antacid effect in the body, so if you suffer from heartburn, try eating a serving for soothing relief.

Morning Sickness: Snacking on this fruit between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito bites : Before reaching for the insect bite cream, try rubbing the affected area with the inside skin of this fruit. Many people find it amazingly successful at reducing swelling and irritation.

Ulcers: This fruit is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control: Many other cultures see this as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool! temperature.

Seasonal Affective Disorder (SAD): This fruit can help SAD sufferers because they contain the natural mood enhancer tryptophan.

Smoking: This fruit can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of this high-potassium snack.

Strokes: According to research in "The New England Journal of Medicine", eating this fruit as part of a regular diet can cut the risk of death by strokes by as much as 40%!

Warts: Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of skin from this fruit and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating just one of this fruit. This is because it contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: Forget the pills - eat this fruit. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia: High in iron, this fruit can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Birthdays

Bday First Last Name

04/02 Rick Jones
04/11 Dorothy Smith
04/13 Ken Semproch
04/19 Patrick Chandler
04/22 Sandy Mastay
04/26 Scott McGovern
04/27 Becky Holden
04/29 Donna Mesyn



SWIMMING POOL INSTALLATION

SERVICE & REPAIR FOR

- POOLS & SPAS
- HOT TUBS
- BILLIARD TABLES

TOM MESYN
(586) 790-1209
LICENSED & INSURED

Interesting Websites:

Patti Brehler says "Check out www.pollyantrailway.org for up to date trail information".

Sue Pavlat says "Check out <http://team.discovery.com/cycling.html> , New web site for Lance Armstrong and his new team the Discovery Channel".

John Tarantino says "Check out <http://www.clintonriverpathway.org/> for Clinton River Pathway information.

Your editor says "Check out [www.theshadowlands.net/places/ Michigan.htm](http://www.theshadowlands.net/places/Michigan.htm)" It's creepy.

Message from Frank:

Frank says "high" from sunny Florida after walking up 5 flights of stairs to his apartment. This after riding his first 10 miles of the year (average 9.7 mph), and a day after getting a pacemaker and 4 stints in 3 arteries installed. Doc said he needed a tune-up following his bypass 11 years ago. Frank and Pat will be returning in June hopefully in time to participate in the races in Lafayette Ind.

BWR News: The club is looking for a Publicity Chair. In addition to coordinating the advertising for the BWR, this position also gets to decide the rider gift.

Club Clothing: Dennis Prost has volunteered to take over the ordering of club merchandise. Call Dennis at 248-652-7890 by March 15th to place your spring/summer club jersey/jacket/shorts order.

Club Cookbooks are still available for \$10. To order, call Julie Windhorst (586-939-6073)

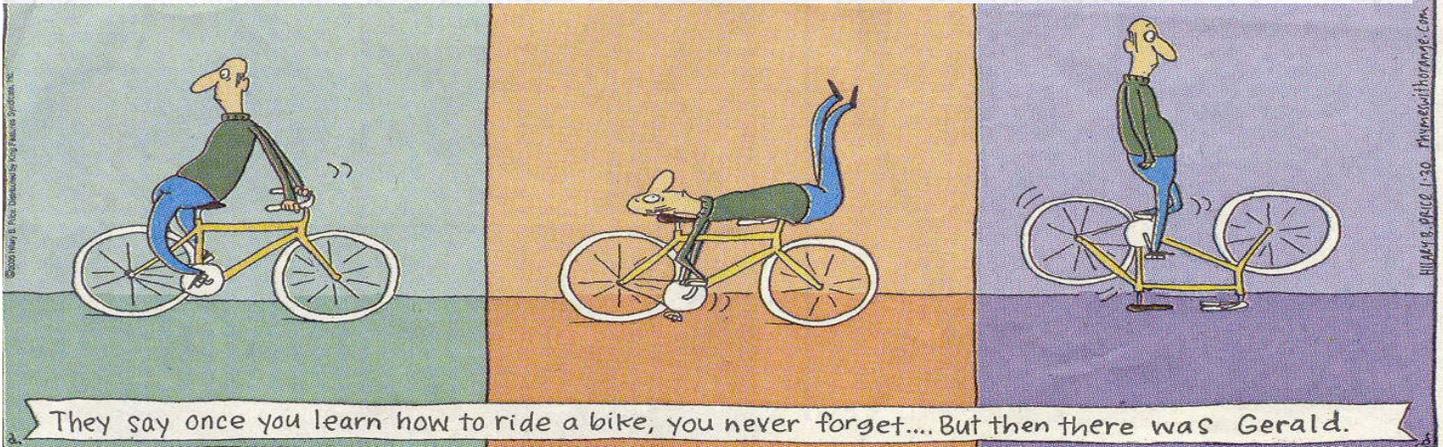
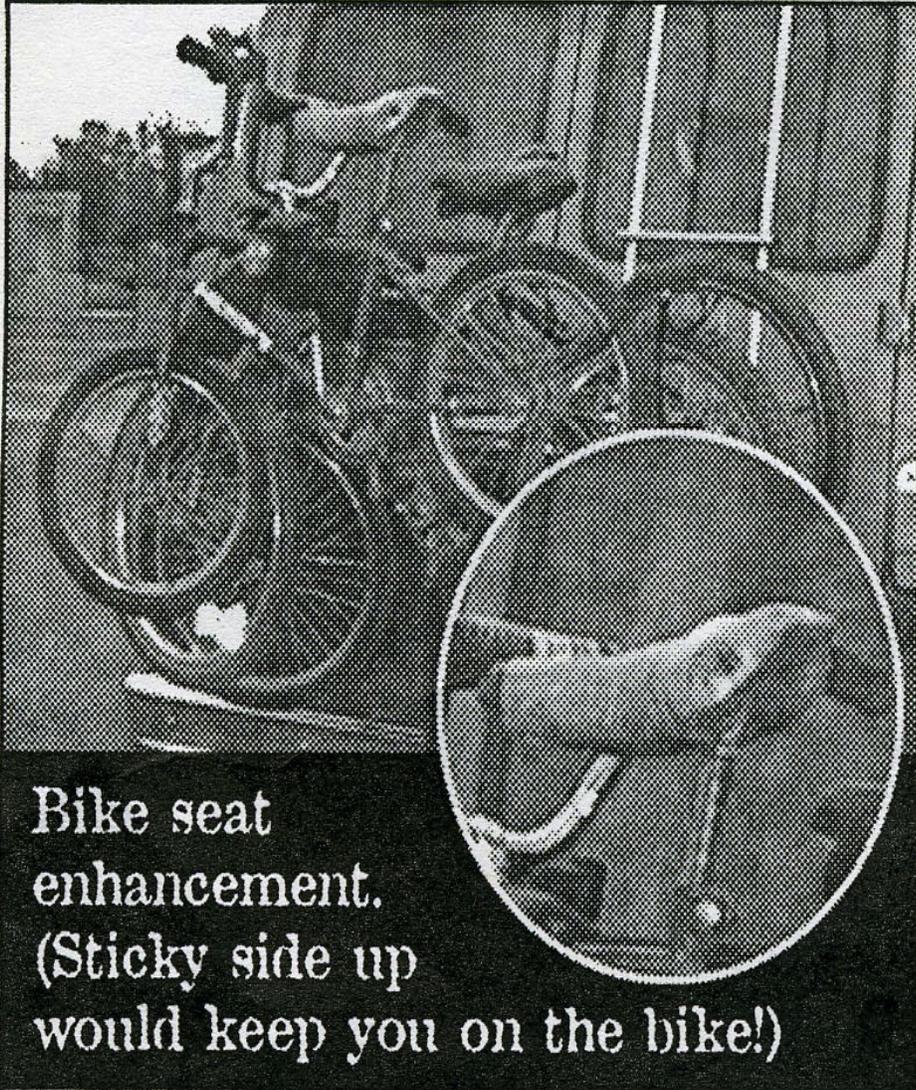
Newsletter Business Advertising Monthly rates

\$10 Business Card size, \$35 1/4 page size, \$50 1/2 page size, \$100 Full page size

The advertisement must be sent to bluecyclist@yahoo.com, and a check, payable to Clinton River Riders mailed to Gary Haelewyn 41706 Merrimac Cir, Clinton Twp MI 48038. Up to 6 months can be prepaid.

Only members are allowed to advertise their business.

DUCT TAPE TAPE SIGHTINGS



MEMBERSHIP APPLICATION FORM

Clinton River Riders Bicycle Club

Make check payable to:
 Clinton River Riders
 Mail to: 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: _____

Yes, please add me to your list of active volunteers who help promote bicycling at the local, state, and federal level. I understand I may be called upon on occasion to write a letter or attend a meeting supporting bicycles as a legitimate mode of transportation.

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, 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 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)



Gary Haelewyn
 41706 Merrimac
 Clinton Twp MI 48038