

Officers

President

Jonhn Tarantino

586-850-2485

Redtandom@aol.com

Ride Director

Gary Haelewyn

586-286-5094

bluecyclist@yahoo.com

Treasurer

Annette Smith

248-652-2278

bsmith02@comcast.net

Secretary

T J Hill

586-293-0162

Tjbiker@juno.com

Editor

Les Dunham

586-216-4135

lesdunham@hotmail.com

Sunshine

Julie Windhorst

586-939-6073

Weetandem@yahoo.com

Legislative Liaison

Mike Sproul

586-443-4544

BWR Chair

Jim Crawford

586-677-7033

Jcrawford76@comcast.net



The RAMBLER

Clinton River Riders Bicycle Club

March 2007

Gary's Back

After a short departure from Clinton River Riders Newsletter Editor, Gary Haelewyn accepted, was nominated, and approved as the clubs Ride Director. He follows Bill Stimpson who could not continue due to other considerations. We do appreciate Bill and his dedicated service to CRR over the years.

Noteworthy People

Rick and Shelia Jones have a very nice write up in the 20 November 2006 issue of the Troy-Summerset Gazette. On pages 9 and 10 the Jones' highlight their dedication to charity, riding, and cycling clubs. One of their events is the annual support to provide bicycles to youth from the greater Detroit area. In the past 9 Years more than 2,300 bikes, helmets, locks have been donated.

Here is link to email the editor and attempt to get a copy of the article. <mailto:editor@troy-somersetgazette.com>

Their website does not have too much content that is current much less for an issue months ago. But the editor should be able to get anyone who asks a copy.

April Birthday's

04/02 Rick Jones

04/15 Robert Blanchard

04/26 Scott McGovern

04/27 Becky Holden

New attendees to our

March 11 meeting

Norm Bristoe &

Al & Fran Vander Ploeg

CRR welcomes you, Let's
Ride !!!

Next meeting we will really
select shirt and application
designs for the 2007 Blue
Water Ramble, Oct. 7 2007.

There was support for an
option to purchase a CRR
membership along with the
BWR application. Details to
follow.

Doris modeled a Burnt
Orange color shirt as a
possibility for this years BWR.

Rick and Shelia Jones want to stress their appreciation for all the generosity, caring, prayers, and effort on the behalf of Sammy and their entire family. It is a great demonstration of the character of the people who typically bicycle and especially those in CRR. Please feel free to continue to be good to one another.

Sterling Heights has begun the process to more stringently enforce bicyclist rules in city parks. The basics of this are –

1. State law requires bike riders to give audible signals as they pass walkers and joggers from behind.
2. Stay to the right while riding, jogging, walking, or skating along the path.
3. Slow down when approaching tight turns and areas concealed by shrubs and trees, particularly in Dodge Park.

Cyclist beware.

One caveat

Last month

Mike Spoul was elected as a LMB regional director. Congratulations!!

Orchard Lake Trail - Rochester Hills portion will complete this summer (07). Blacktop with recycled material.

Lucinda Means
Advocacy ride is May 30th 2007. Check [lmb.org](http://www.lmb.org/pages/Events/bikeparade.htm) for more details.

<http://www.lmb.org/pages/Events/bikeparade.htm>

Rep. Earl Blumenauer (D-OR) and **Sen. Ron Wyden (D-OR)** are joining cycling advocates to introduce the **Bike Commuter Act** in Congress this week. The bill amends a section of the IRS code to include "bicycles" in the definition of transportation covered by fringe benefits. It provides incentives for employees to ride to work, recognizing that more than 50% of people commute five miles or less to their jobs and could easily do it on a bicycle, particularly if there's money to be made. With financial incentives presently offered for various types of commuting, Blumenauer and Wyden figure it's time to include cyclists in the Transportation Fringe Benefit.

Bicycles are going to be an integral part of our transportation network." -- **Rep. Peter DeFazio (D-OR)**, a former bike mechanic in line to chair the House Surface Transportation subcommittee.

"I think it's going to be a very good session for cycling." -- **Rep. Earl Blumenauer (D-OR)**, founder of the Bi-partisan Bike Caucus that includes new House speaker **Nancy Pelosi (D-CA)**.

Earth day is April 21st.
Typically there is a
Stony Creek Clean up
event that is favored
by many.

In the interest of being
efficient and environmentally
friendly if you would like to
receive/download the
newsletter electronically.
(Your choice to not receive a
paper copy each month)
Please consider letting the
editor know. Conserving
paper, postage and time if
you choose. At
lesdunham@hotmail.com

Is it time to do your first ride this year on the bike. Brisk morning air. Confused about whether to wear leg warmers under or over shorts. And what about tights? Should I wear shorts underneath? Wear leg warmers or knee warmers under your shorts legs. Put on your shorts and socks first, then roll back the shorts. Pull the warmers on so the rubber gripper band at the top is mid-thigh or slightly higher. Then roll the shorts back down. There should be plenty of overlap to help hold the warmers in place.

Arm warmers are worn the same way. Pull them to the top of your arms, then let your jersey sleeves overlap. If you're wearing a short-sleeve base layer underneath, you can tuck it into the warmers to prevent cold air leaks. As for tights, wear regular cycling shorts underneath. Some tights come with a padded liner (chamois) and could be worn without shorts. But then you'd have to wash the tights after every ride.

If you wear shorts inside you still need to wash them, of course, but the tights won't need cleaning for several rides unless they get wet or muddy. This approach help tights last longer, which is good because they're more expensive than shorts.

How Cold Is Too Cold?

Typically some ride outside when the temperature is 25F (-4C) or warmer. The cut-off for many riders occurs in the 30-40F (-1 to 4.5C) range. When the temperature is freezing (including the windchill factor), If you're dressed correctly and have the right equipment you can ride outside almost regardless of temperature. But there's a big difference between riding outside and doing meaningful training.

So, in cold temperatures, by far the most effective training is accomplished indoors on a trainer or stationary bike. The specific temperature depends on your individual tolerance, road conditions, type of training you have planned and other factors such as wind velocity and direction.

Mondays:

9 AM Stony Cr Boat Launch Meet TJ Hill for mountain bike riding weather & road condition permitting.

Meet at Onyx Skate @ 1030 for ice skating. Call TJ 586-293-0162

7 PM Club Meeting

2nd Monday of the month. At Mt Clemens, Library (downstairs), 150 Cass Ave
Refreshments Served

Tuesdays:

9 AM Stony Cr Boat Launch Meet TJ Hill for mountain bike riding weather & road condition permitting.

Meet at Onyx Skate @ 1030 for ice skating. Call TJ 586-293-0162

Wednesdays:

No Weekly Club Rides scheduled. After March 11 (Clock change) ?

Thursdays:

9 AM Stony Cr Boat Launch Meet TJ Hill for mountain bike riding weather & road condition permitting.

Meet at Onyx Skate @ 1030 for ice skating. Call TJ 586-293-0162

Saturdays

9 AM Stony Cr Boat Launch Meet TJ Hill for a ride at the pace of the slowest rider. mountain bike riding weather & road condition permitting.

Meet at Onyx Skate @ 1030 for ice skating. Call TJ 586-293-0162

9 AM Schultz Fun. Home 8 ½ Gratiot for a 25-35 mile ride at 14-16 mph. Breakfast afterwards. Ride all winter unless weather or roads don't permit it. Continues until April 21st.

930 Hiking Stony Cr W Branch. Contact Catherine Serra at 248-495-1630 or Catherine-serra@yahoo.com.

Weather permitting

Sundays

9 AM Stony Cr Boat Launch Meet TJ Hill for 50 miles mostly dirt road ride with a lunch stop in Lake Orion at about the 30 mile mark.

For more detail contact the CRR hotline or Ride Director.

[Mount Clemens Bike](#)

303 Cass Ave, Mount Clemens, MI
(586) 463-0101 -

[Metro Bike-N-Sports](#)

36649 S Gratiot Ave, Clinton Twp, MI
(586) 791-3488 -

[Tim's Bike Shop](#)

33601 Jefferson Ave, St Clair Shores, MI
(586) 293-5823 -

[Fraser Bicycle](#)

34501 Utica Rd, Fraser, MI
(586) 294-4070

[Antoon's Bicycles & Snowboards](#)

42918 Schoenherr Rd, Sterling Heights,
(586) 247-9240

[Paul's Bike Depot](#)

28057 Gratiot Ave, Roseville, MI
(586) 772-9084

[Bike Depot](#)

28057 Gratiot Ave, Roseville, MI
(586) 776-9165

[Macomb Bike & Fitness](#)

28411 Schoenherr Rd, Warren, MI
(586) 756-5400

[Allied Cycle Shop](#)

23101 Gratiot Ave, Eastpointe, MI
(586) 772-3411

[Albe's Cycle Center Inc](#)

5743 E 13 Mile Rd, Warren, MI
(586) 264-1151

[East Side Bike Shop](#)

26210 Van Dyke Ave, Center Line, MI
(586) 756-2001

[American Cycle & Fitness](#)

20343 Mack Ave, Grosse Pte Woods, MI
(313) 886-1968

[American Cycle & Fitness](#)

2169 Metropolitan Pkwy, Sterling Heights,
MI (586) 979-7570

[Anchor Bay Bicycle and Fitness](#)

35214 23 Mile Rd, New Baltimore, MI
(586) 725-2878

[Bike World](#) -

35574 23 Mile Rd, New Baltimore, MI
(586) 725-1150

[Bike Tech](#) -

18401 E Warren Ave, Detroit, MI
(313) 884-2453

[REI](#)

766 East Big Beaver Rd., Troy, MI
(248) 689-4402

[Stoney Creek Bike & Fitness](#)

58235 Van Dyke Rd, Washington, MI
(586) 781-4451

[Bikes Blades & Boards](#)

17020 Mack Ave, Grosse Pte Park, MI
(313) 885-1300

[Bicycle Doctor](#)

24436 John R Rd, Hazel Park, MI
(248) 584-3060

[Continental Bike Shop](#)

24436 John R Rd, Hazel Park, MI
(248) 545-1225

You can ctrl + click to see a map.

Application Form - Clinton River Riders Bicycle Club

\$12.50 Individual (over 18)

\$15.00 Family

Name _____

Address _____

City _____

State _____ Zip _____

Home Phone (____) _____

email _____

Birthday _____

Additional Family Members

Name **Birthday**

New Member Renewal

Yes, please add me to your list of active volunteers who help promote bicycling at the local, state, and federal level. I may be called upon to write a letter or attend a meeting.

Please make check payable and mail to:

Clinton River Riders

35401 Utica Road

Fraser MI 48026

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: (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 know 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 NOT WITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____

ALL RIDING MEMBERS MUST SIGN