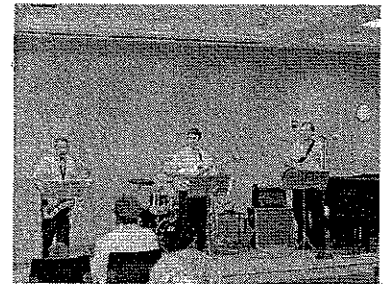


*The "RAMBLER"*  
*Newsletter for the*  
*Clinton River Riders Bicycle Club*

April 2004



**April Showers May Bring May Bike Rides**

OK, a poet I'm not, but I sure am looking forward to smelling those May flowers from the top of my Brooks saddle and if that means a few showers in April, then so be it. Actually I've already seen the flowers of May which is why this newsletter is a little late this month. Four of us members just got back from doing the Bike Florida ride down in Gainesville. It was sure nice to be able to ride in summer attire in the upper 80's and see trees covered with real green leaves. To further wet your appetite this month's letter includes the new rides of the season. Check them out inside along with other interesting tidbits of bike news.

Gary Haelewyn—Editor

Bill & Annette Smith—Publishers

**The Prez Sez.....**

A new cycling season is here. It seems every year the time to get in shape takes a little longer. The number one goal in our club is safety. Following the rules of the road is very important in order to stay safe.

Are we doing the same rides and events every year? Is anyone else getting bored? I have a few ideas and hope you do too. With the roads in the suburbs getting so congested, how about some rides to Detroit? Rides to museums, fairs and restaurants are always popular. How about a two day ride to Frankenmuth or Port Huron? I have also heard of a "progressive dinner" ride. Please let me know what you think.

The BWR needs a chairperson. All committees are established and have people directing them. BWR chair will ensure that this ride goes as planned. Everything you need to know is documented and Diane Baker, with her many years of experience, is willing to help. A couple phone calls and e-mails each month will help us keep the BWR successful. This ride not only supports our club but many other cycling organizations. When you volunteer to be chairperson, you are not alone. There are over 100 volunteers willing to help. Please consider taking your turn.

On May 27<sup>th</sup>, Smart Bus will have a press release about bike racks being added to their busses. I would like to have some of our club members attend. This event will take place at the State Fair Grounds about 12:00 pm. Please contact me if you are interested.

Let us all enjoy the new cycling season ahead safely!!

April 2004						
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17 Stony Creek Cleanup
18	19	20	21	22	23	24
25	26	27	28	29	30	

**HOTLINE**

586-819-0222

(Press 1 for latest info)

**WEEKLY EVENTS****CHANGES**

Bill Baker 586-739-0261

CRRrides@wideopenwest.com

**Mondays 1st of Month**

**Club Meeting**, 7:00-9:00PM, Clinton Macomb Public Library, 40900 Romeo Plank (From Prestige, take Garfield (N) to Clinton River Road (E) to Romeo Plank (N). Bldg is on right at (SE) corner Romeo Plank and Canal. 1st floor on right

**6:00 PM**

Meet at the M.S.U. center, Sq. Lake & Crooks. Ride as many hills as we can be found at a fast pace. Does NOT have a set leader (first person up the hill is the new leader). Pace unknown. Average will start at about 18.5 mph for 30 miles, and will increase to about 19.5 mph for 45 miles in late August. At times we will ride at 25 mph, and at times going up hills, it will slow to about 14 mph. The ride moves to Tue. after club meetings on Mon. The ride will officially start on April, 19. Call Rick Jones for more info.

**6:00 PM**

Meet Diane Baker at Fraser Cycle for an easy paced ride for 1.5 to 2 hours. The ride is the pace of the slowest rider. There will be no ride the week of the club meeting. Ride officially starts April 12.

**Tuesday 5:30 PM**

Meet at Prestige Cycles, Moravian and Garfield, for a 30—35 mile ride at an initial pace of 15-17 MPH with a destination of Metro Beach. Call Rick Moorman for details.

**The May meeting will be held at the North Branch of the Clinton-Macomb Public Library, 16800 24 Mile Road, just west of Romeo Plank.**

## May 2004

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

- Wednesday 5:30 P M** "Sheffield Shuffle I" Meet Ken & Cindy Rosiek at southwest corner of Sheffield Office complex Big Beaver Rd and Cunningham Dr. Approximate distance of 30-35 miles, light conditions permitting. Initial pace of 15-17 MPH. Rolling hills. Ride pace and terrain difficulty will increase as season progresses covering up to 50 miles in July. Good training ride, come early and often.
- 
- Thursday 5:30 P M** "Sheffield Shuffle II" same as Wednesday ride.
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- 6:00 P M** Meet Bill and Bill at Prestige Cycles, Moravian & Garfield, 2 hour ride to unknown destinations at 13-15 MPH.
- 
- Friday 6:00 P M** Meet Dave Baker at Marter & Jefferson, 15-18 MPH for 30-35 miles. Pace will increase to 18mph as season progresses.
- 
- Saturday 9:00 A M** Meet TJ Hill at the Stony Creek Boat Launch for a 50 miles of Mountain biking. Lunch will be in Lake Orion around the 30 mile mark.
- 
- Sunday 9:00 A M** Meet TJ Hill at the West Branch Parking Lot for more for Mountain biking to unknown destinations at the pace of the slowest rider for a distance to be determined

The May meeting will be held at the North Branch of the Clinton-Macomb Public Library, 16800 24 Mile Road, just west of Romeo Plank.

**Clinton River Riders Bicycle Club**  
**Officers**

**President:** John Tarantino 586-677-0482  
redtandom@aol.com  
**Ride Director:** Bill Baker 586-739-0261  
CRRrides@wideopenwest.com  
**Treasurer:** Marilyn Tarantino 586-677-0482  
redtandom@aol.com  
**Secretary:** T.J.Hill 586-293-0162  
tjbiker@juno.com  
**Editor:** Gary Haelewyn 586-286-5094  
bluecyclist@yahoo.com  
**Publisher:** Bill & Annette Smith 248-652-2278  
bsmith02@comcast.net  
**Sunshine:** Julie Windhorst 586-939-6073  
redtandem@todaylink.com  
**Legislative Liaison:** Mike Sproul

**FOR SALE**

Salomon TR 8 II In-Line Skates-  
Women's Size 6 1/2 Never  
worn,\$150 call Mary Wilson  
mwilso34@peoplepc.com  
313-881-7631

**Welcome New Members:**

**SCOTT READER**  
**JAMES WALLACE**  
**MARY OLK**

Cover Picture: Ed Gostin and his jazz  
band "High Society" played at the Clinton  
Macomb Library last month. Call Ed if  
you want to book his band at your next  
outing (586-939-6107).

**2004 Blue Water Ramble Chairs:**

**BWR Chair Person: Still  
Open—(Diane Baker 586-739-  
0261 will co-chair)**

**Committee Chairs**

- **Food:** Tom and Sue Graham
- **SAG:** John Tarantino
- **Parking:** Jerry Pavlat
- **Cleanup:** Bill Stimpson
- **Publicity:** Bob Crowly
- **Routes:** Open
- **Ferries:** Bruce Carlson
- **Registration:** Bills Baker & Duem-  
ling

**Birthdays**

05/04	Jim McKinnie
05/05	Mike Holden
05/06	Aubrey Mullings
05/11	Richard Dyer
05/11	James Wallace
05/15	Barb Selbach
05/16	Ellie Smith
05/16	Sandra Studebaker
05/16	Thomas Miller
05/18	Julie Krueger
05/19	Rosemary Johnson
05/19	Gerald Bartels
05/19	Pamela Dyer
05/21	Michael Moale
05/23	Barbara Angell
05/25	Leslie Rumohr
05/26	Marie Danford
05/26	Marie Anderson
05/29	Steve Morauski
05/30	Andy Anderson

Dear Members:

I will be participating in the 3-Day on August 27-29, 2004 in Chicago, IL. The sponsorship raised is for a very worth while non-profit organization known as the Susan G. Women Breast Cancer Foundation. I encourage you to inquire at their website [www.komen.org](http://www.komen.org).

This commitment requires raising pledges by walking 20 miles a day for three days, a total of 60 miles, and the goal I must raise is a minimum of \$2,000. You may inquire at [www.the3day.org](http://www.the3day.org) to review the legitimacy of the organization.

Some past activities that will allow me to complete this challenge is the last 9 years I have participated in the 5k running event (3.1 miles) for the "Karmanos Race for the Cure." I volunteered as a Tour Leader for The Multiple Sclerosis Society for many years riding my bicycle 150 miles in two days. Annually I average cycling between 1,000 and 2,000 miles per year. I also completed two running marathons. (A running marathon is 26.2 miles).

Without inviting sympathy, my mother passed away of cancer at age 33. I was age 9 at the time. My mother's death had a profound impact on my life and it taught me at an early age that working hard at something that you feel so passionate about helps to accomplish difficult goals in life. I am very passionate about the Susan G. Komen Breast Cancer Foundation and I invite you to share that with me by becoming one of my sponsors.

Sincerely, Julie Windhorst, 3160 Barkway Drive, Sterling Heights, MI 48310, 586-939-6073

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YES! Please count me in with a tax-deductible donation of \$\_\_\_\_\_ to support Julie Windhorst walk sixty miles in three days to help the Susan G. Komen Foundation. (Please retain your check as your tax deductible receipt) Please make your check payable to the Breast Cancer 3-Day or see the attached business card to contribute directly through the internet on my internet page. Contributing through the internet is safe a secure and very efficient.

(For those of you who can support me with a contribution of \$50.00 or more I will be acknowledging you on the back of my shirt, each day I walk, letting the world know who my sponsorship network is. I understand things are very tough for many families today, but if you could find it in your budget to make a contribution in any amount it would be greatly appreciated.)

Name/Address:

## **SPECIAL EVENTS**

April 17—**Stoney Creek**—Call John Tarantino 586-677-0482 for details on participating in the annual Stoney Creek Earthday Cleanup party. John is planning on doing the cleanup at the park, then going for a ride and returning to the park for the free lunch.

May 8th, 2004 (Saturday)

Michigan Recumbent Rally - East

Willow Metropark, southwest Detroit area, 9am-3pm, 734.487.9058, [www.wolverbents.org](http://www.wolverbents.org), [wolverbob@cs.com](mailto:wolverbob@cs.com)

June 4th—7th—**Annual Men's Ride**—Call John Tarantino at 586-677-0482 to reserve your spot for riding, carousing, and just having a good old time this year in and around Hamilton Ontario. **John has 16 men signed up to date and 3 drivers. He's looking for one more driver. Over nights will be at the Village Inn with the usual men's "amenities".**

June 5-6, 2004 (Saturday and Sunday)

Michigan Human Powered Vehicle Rally

Waterford, northern Detroit area, 313.884-0109, [www.lmb.org/mhpva](http://www.lmb.org/mhpva), [WKiehler@Comcast.Net](mailto:WKiehler@Comcast.Net)

June 26, 2004 (Saturday)

Michigan Recumbent Rally Central

Holt, Michigan (Lansing area), 10am-3pm, 517.694.6702, [www.wolverbents.org](http://www.wolverbents.org), [wolverbob@cs.com](mailto:wolverbob@cs.com)

**August**—Bill Stimpson is planning a Roseville to Raleigh NC sagged trip. Call Bill at 586-899-4763 for details.

### **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. On May 8th the Michigan Recumbent Rally East will be held in the southwest Detroit area, followed by the Michigan Recumbent Rally Central near Lansing on June 26th. In September there will be the Michigan Recumbent Rally West at Hastings (south of Grand Rapids) on the 11th and the Fall Recumbent Rendezvous in the northern Detroit region on September 18th.

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, visit the Wolver-Bents Recumbent Cyclists website at [www.wolverbents.org](http://www.wolverbents.org), e-mail [wolverbob@cs.com](mailto:wolverbob@cs.com), or call 734/487-9058.

For those interested in a more competitive event, the Michigan Human Powered Vehicle Association (MHVPVA) will be holding it's annual Rally on June 5th and 6th at Waterford, Michigan (northern Detroit suburbs). For more information on the MHPVA event, visit [www.LMB.org/mhpva](http://www.LMB.org/mhpva) or contact Wally Kiehler at 313.884-0109 or [WKiehler@Comcast.Net](mailto:WKiehler@Comcast.Net)

## A Perfect 10 From This Bikers Point of View

For those who live in or around Seattle or Puget Sound, spectacular views are commonplace. With Mt. Rainier looming on the eastern horizon as well as countless views of trees and water, beauty surrounds the area. With seemingly infinite variety, the numerous nooks and crannies around the sound, the number of beautiful settings is hard to surpass. When you add to these, the peaks of the Olympic Peninsula in the west, as well as the sculptured outline of snow covered Mt. Baker in the northeast, one might think no other sites be listed to comprise a view that would rate a perfect 10. For many that may be true, yet each of us has favorite views for special reasons.

As a biker who has ridden thru much of our vast and beautiful country, I am often asked the question, "Where is the most beautiful spot you have ever seen?" This is a most difficult question to answer. Since I am first and foremost a bicycle rider my selection for a most beautiful spot is one through which I was able to ride and is not one view but rather a ten-mile stretch of road along Puget Sound.

I will set the scene before disclosing the exact location. As I rode south the roadway curves and dips as it hugs the shoreline of the sound. The road is not so close to the shore that you are looking at sandy beach. Rather you are looking through the tops of trees that fill the sloping terrain between road and the water of the sound. On my left, as I rode south, a wall of vertical rocks rose above me. There were numerous cracks and crannies in the rock wall from which greenery grew, some of which formed a partial canopy over the roadway.

Looking through the tops of the trees to my right toward the irregular rocky coastline, the surf splashed against the rocks, sending irregular spray skyward, much like a fountain gone berserk. Further out in the sound were islands, each hilly and covered with trees. The shape of the islands as well as the coastline was constantly changing as I rode south over the curves and dips in the roadway.

This constantly changing panorama of incredible beauty continued for ten miles. When the mountain ended the road faded east of the shoreline, where I entered an area of a broad flat plain covered with tall grass. As I entered the flat plain, I recall exhaling, and thinking that I had just ridden over the most pleasing ten-miles of roadway that I can recall. Due in large part to the moderate hills, and gentle curves, that were easily negotiable, I wasn't put under severe stress while climbing. I was able to enjoy the beauty as I rolled along at a moderate pace.

The area I have attempted to depict lies along Washington Highway 11, south of the City of Bellingham, in the area of Larabee State Park, adjacent to Puget Sound. This 10-mile stretch is for me the most beautiful and pleasing to my senses that I can recall.

Picking only one view from the infinite variety of beautiful scenes that exist in our vast country I could not do, yet I am pleased that there are so many from which to pick.

TJ Hill

Bicycle aficionado