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The "RAMBLER"

**April
2006**

Clinton River Riders Bicycle Club

Oh my gosh! Day Light Savings starts SUNDAY!!!! How can it be here already? I guess I'm kind of late with this month's newsletter. (Just changed the date from March/April). Blame it on Florida. Yes, I too was one of those who made it down there for some early riding. Only 313 miles for the week. Nothing like the 500+ had by the Rosiek's and Moormans or the who knows how much more by the Smith's, Jones', Meerhaeghe's, Sue Pavlat and yes even the Baker's. And lets not forget Tom Graham, Charlie Rose, Rich Ostrowski and Sally Palaian. How about Tom Miller who happened to take 4 trips down there over the winter months. I wonder if any of those miles will qualify for "club miles". We'll have to find out at the April meeting when Ride Director, John Tarantino hands down the new qualifications for mileage awards which was brought up for discussion during the March meeting. And speaking of DLS time, Ken informs me his Tuesday Sheffield ride starts April 4 at 5:00PM. Please let me know if anyone else will be starting their rides before the snow up here stops flying.

BWR T-SHIRT DESIGN vote will be at the April meeting. Bring all prior design entries. Hamilton Bicycles in Richmond will again be the BWR Repair shop. Food and Route chairs are still needed. Call Jim Crawford to help fill these important positions.

The clubs address has changed. (It's somewhere on this page). LAB has a DVD on bike Safety which the CRR has purchased. (Love those abbreviations, much easier typing).

Ed Gostin informs us that a bike was stolen from the wall between the bathrooms at the Stony Creek boat launch. It might be wise to bring the bike right in there with you but please dismount before attending to business.

Doug MacDermaid is heading up a club sponsored rest stop in Romeo for May 21 **Lupus ride**. Call Doug 586-939-4670 to help him out.

American Diabetes Assoc is hosting **Tour de Cure** June 11 at Island Lake Recreation Area. Contact Meagan Lewis at 1-888-342-2383 ext 6694 or visit www.diabetes.org/tour.

Our Jane Benard is riding **Make-A-Wish Bicycle Tour** in July and needs our support. Make-A-Wish makes wishes come true for kids with life threatening medical conditions. Email Jane at biker-jane@comcast.net or visit her website by typing in the following to your web browser: <http://wismich.kintera.org/faf/r.asp?t=4&i=140749&u=140749-121625196&e=547942180>.

This years **Wolverine 200** has some significant changes according to Duane Mentor, Even Director.

A New Date - Memorial Day Weekend. Beginning Friday, May 26th participants may begin setting up camp and pre-riding the traffic-free course on Belle Isle.

A New Course - almost all brand new pavement, and stretches the entire length of the Island from the Scott Fountain, along the Strand, past the Coast Guard Station and back.

A New Format - This year, it's a 12-hour event rather than the previous 24-hour Marathon. Beginning an hour earlier, at 9am Saturday, riders will have 12 hours to pile on the most miles.

A New Gift—T-shirts are out, Wolverine 200 baseball caps are in.

Applications are now available on line at www.wolverinesportsclub.com

And for you green and white fans,...3rd Annual **MSU Farm Daze Tour** May 20th. There are 25, 50, 75 and 100 kilometer routes; early registration is May 1. Hot showers and a hot meal await you after the ride! Email Tim Potter, MSU Bike Project bikes@msu.edu or visit <http://www.msucycling.org/>. This organization also restores abandoned and/ or donated bikes, paints them green and loans them out. They've loaned out over 300 bikes in the past 3 years. We also provide repair services to our campus community thru our workshop near central campus (Demonstration Hall basement) which is also home for the MSU Cycling Club (our principal source of volunteers).

CLINTON RIVER RIDERS 2006 WEEKLY RIDE SCHEDULE

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
<p>7:00 P M CLUB MEETINGS 2nd Monday of the Month Mt Clemens Library (downstairs) 150 Cass Ave just west of Southbound Gratiot on the North side of Cass across from Mt Clemens High School. Refreshments served.</p> <p style="color: orange;">NOTE: BWR Tshirt design will be judged at the APRIL meeting.</p> <p style="color: orange;">IMPORTANT:</p> <p style="color: orange;">If you have not renewed your membership, you are not allowed to read this.</p>	<p>9:00 A M <u>Stoney Creek Boatr Launch</u></p> <p>Meet TJ Hill for mountain bike riding weather permitting. If weather is inclement, meet at Onyx Skate at 10:30 for ice skating. Call TJ 586-293-0162 for more info.</p>		<p>9:00 A M <u>Stoney Creek Boatr Launch</u></p> <p>Meet TJ Hill for mountain bike riding weather permitting. If weather is inclement, meet at Onyx Skate at 10:30 for ice skating. Call TJ 586-293-0162 for more info.</p> <p style="text-align: center;">CHANGES</p> <p>Call John Tarantino 586-677-0482 or email him at redtandom@aol.com</p> <p>Newsletter changes: Email Bluecyclist@yahoo.com</p> <p>HOTLINE: 586-819-0222 (Press 1 for latest updates)</p>	<p>6:00 P M <u>Marter & Jefferson</u> Join prez Bill Stimpson starting MAY1st for a 15-17 mph ride.</p> <p style="text-align: center;">Velodrome Events</p> <p>http://www.velodromeat-bloomerpark.com/</p>	<p>8:00 A M</p> <p>9:00 A M <u>Stoney Creek West Branch Parking Lot</u></p> <p>Meet T J Hill for 50 miles of mountain biking with a lunch stop around Lake Orion.</p> <p>9:00 A M Schultz Funeral Home Ride</p> <p>Bundle up and meet Jane Benard at Toefer (8-1/2 mile) and Gratiot for a 30 -35 mile ride to the Grosse Pointes at a 14-16 MPH pace. This ride goes all winter no matter how low the temperatures, except if the roads are snow or ice covered.</p>	<p>8:30 A M @</p> <p>9:00 A M Stoney Creek Boat Launch</p> <p>Meet T J Hill for 50 miles mostly dirt road ride at the pace of the slowest rider with lunch stop in Almont.</p> <p>10:00 A M</p> <p>Join Jane Benard and the Wolverines at the Cadiex Café (Cadiex between Warren & Mack) for 30-35 mile ride to various locations.</p> <p>5:00 P M "cyclist" on OLN</p> <p>Meeting Treat List Volunteers April—Pete Sprecher's famous rice pudding. May— June Doris Mulligan Jul-Aug-Sep Nov—Julie Windhorst</p>

L I G H T S A R E R E Q U I R E D F O R A L L E V E N I N G R I D E S

AVG = Cyclometer Average at end of ride

Ride Leaders should carry cell phones and emergency numbers

MPH = Cyclometer Speed while riding

APRIL Birthdays

Bday First Last Name

I think they're all in Florida

New Member

Kathy Johnson
Helen Campbell

APRIL

- 4/8** Join Bruce Freeburger 7-9:00AM to man a WDET table. Call Bruce for details.
4/9 First Methodist at Cass and Gratiot needs volunteers 11-4PM for homeless help,
4/27 Environmental Fair—Freedom Hill 12-7:30.
4/30 Classic Bike Show and Swap Meet—Ann Arbor call 248-642-6639 for details.

MAY

5/13, Michigan Recumbent Rally - East
Willow Metropark pool shelter, southwest Detroit area, 9am-3pm, 734.487.9058,
www.wolverbents.org, wolverbob@cs.com

5/17 The **2006 Ride of Silence** - This is NOT a Critical Mass Ride. There are no shirts or items for sale, there's no fee or registration. Each ride is approximately 12 miles long, is ridden at a 12 MPH pace, and is Silent. It's not just a club ride. It's a ride for Moms, Dads, brothers & sisters, family & friends, beginning cyclists to the racers, anyone who wishes to honor a fellow cyclist that has been killed or injured by a motorist while out riding and to let motorist know they MUST Share the Road with us. Participants are asked to wear a black arm band to honor a cyclist who's been killed, and/or a red arm band to honor a cyclist that has been injured.

As of Jan 1st, we have 12 confirmed sites in Mich *=start location to be determined
Ann Arbor*, Ann Arbor Bicycle Touring Society, Washtenaw Bicycling & Walking Coalition,
Battle Creek, Battle Creek Bicycle Club, from parking lot behind Team Active
Boyer City*, North Country Bicycle Club
Grand Rapids, Rapid Wheelmen, Macatawa Cycling Club of Holland, West Mich. Coast
Riders of Muskegon, Jade Cycles of Zeeland, from Riverside Park
Hamburg-Pinckney*, Against the Wind Cycling Club
Houghton*, Copper County Cycling Club
Jackson*, Cascades Cycling Club
Lansing, Tri-County Bicycle Assoc., from Haslett Middle School
Livonia-Westland-Dearborn, Multiple Detroit area clubs, from Nankin Mills Pavilion, Hines
Midland-Bay City-Saginaw*, Tri-City Cyclists, Bay City this year
Mount Pleasant*, CMU Cycling Club, Traverse City, Cherry Capitol Cycling Club, from Ho-
rizon Book Store

* Rides of Silences will take place on May 17th 2006, worldwide, at 7:00 PM.

Together, we can make a difference.

Sincerely

Mark Hagar Membership Chair, Rapid Wheelmen Bike Club of Grand Rapids
Grand Rapids Ride of Silence Coordinator
Michigan Representative for the Ride of Silence
Ride of Silence Board Member3

JUNE

6/10-11, Michigan Human Powered Vehicle Rally, Waterford, northern Detroit area,
313.884-0109, www.lmb.org/mhpva, WKiehler@Comcast.Net

6/25, **Ride for Hope**—Registration is now open for the 4th Annual Ride for Hope Charity
Bike Ride benefiting Extreme Response, which is being held on Sunday, June 25th starting
from the beautiful Stony Creek Metro Park and traveling various routes of 6.2 miles all the
way up to 103 miles traversing beautiful scenic routes going north of the park. Earlybird reg-
istration is open now and goes until April 22nd - don't delay, register today and save !! www.
RideforHope.org

Kelly

Kelly@rideforhope.org 248.672.8696

6/24, Michigan Recumbent Rally Central, Holt, Michigan (Lansing area), 10am-
3pm, 517.694.6702, www.wolverbents.org, wolverbob@cs.com

All of us could take a lesson from the weather. It pays no attention to criticism

More On the Mends

Fellow Bikers

I saw the doctor this week (9th since injured)...and he said the x-rays show that everything is healing nicely. However I'm still not able to put 100% of my weight on the leg, so I still make use of crutches and graduate to a cane in the near future.

He did give me the go ahead to ride a stationary bike on low resistance, use ankle wts. (2 to 4 lb.) for a variety of exercises and even use a swimming pool for walking.

I'm now able to drive for short trips (THANK GOD) which is even better news for Gail, since she has been my chauffeur these past several weeks.

My next appt. is April 24th and the doctor said he would recommend physical therapy at that time. So all in all, I am pleased with the progress and getting anxious to do more each week.

Hope all your winter activities are keeping you healthy and happy. I'm looking forward to seeing all of you one way or another this summer. (Most likely on my BIKE) Thanks for all your concerns.

Dave

And, Mickey Pavlat's hip replacement surgery went smoothly on Monday. She is expected to get out of bed on Tuesday to try walking with a walker without putting much weight on that leg. It appears she will only be in the hospital a couple of days, then will be going to a rehabilitation facility for a couple of weeks. Thank everyone for their prayers and concerns.

Sue Pavlat

Loaded Tourists check out the following website for some amusing information on this lonely sport:

<http://www.crazyguyonabike.com>

For Sale

Vetta Professional Trainer for sale Call George 313-366-3877 for details or geomiles@sbcglobal .net best offer

Good health is merely the slowest possible rate at which one can die

MDOT is revising their Long Range Transportation Plan. This is our opportunity to advocate for more bike facilities on our roads.

You can add your wishes for better cycling lanes by going to the following website. http://www.michigan.gov/mdot/0,1607,7-151-9621_14807_14809---,00.html.

Click on "E-mail comments and sign up for mailing lists" located next to "Public Participation Meetings" section.

Editors Note: Here's what I entered:

"As Michigan looks for alternative funding sources for our transportation needs one can probably expect to see tax increases on top of already expensive fuels. I urge our planners to include more cost effective modes of transporting goods and people such as mass transit and more and better bicycling facilities."

The website gave me tracking number SLRP-0013. I wonder if that means only 13 people in Michigan have entered a comment. If I'm right, we have an excellent opportunity to get our views heard over everyone else. I urge you all to enter a comment.

Health nuts are going to feel stupid someday, lying in hospitals dying of nothing

Sue Pavlat sends in,... SHOVELIN' COAL

There are those who think the tandem is the instrument sublime
For the serious cycle-tourist, and the man concerned with time.
It has drive and rolls much faster as it gobbles up the track,
But it's quite another matter to the guy who sits in back...
shovelin' coal.

But just look at the advantages with twice the power at hand,
And half the wind resistance as it travels o'er the land.
The weight is less than double. This alone gives peace of mind.
But it's still another matter to the guy who sits behind...
shovelin' coal.

Yes, the man up front is master. It is he who shifts the gears.
He decides when brakes are needed, and on top of this he steers.
He can go the wrong direction and wind up in Timbuktu;
But refuses any protest from the guy who's number two...
shovelin' coal.

It's just like a locomotive, with the front man engineer,
He sits back and shouts instructions to the fireman in the rear.
It's the way to run a railroad. With a bike it's not so sweet
To the sweating, swearing fellow on the secondary seat...
shovelin' coal.

True, the pilots work the throttles while their partners work the flaps.
They are barely more than slaves--a society of saps.
Co-pilots do the labor. They are not supposed to feel.
It's likewise with the suckers above the rearward wheel...
shovelin' coal.

His view ahead is blank and to peek would be a sin;
So he can't see where he's going--only places where he's been.
He would love to lean to starboard when to port they make a turn,
But such pleasure is verboten to the fellow in the stern...
shovelin' coal.

Yet there will be retribution on some future day in hell,
When all tandem frames have melted, and the tandem leaders yell.
In agony they writhe, and some mercy they request;
But the back men just keep doing the thing they've done the best
...shovelin' coal.

by Tony Pranses from the book "The Art of Bicycling".

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\$10 Business Card size, \$35 1/4 page size, \$50 1/2 page size, \$100 Full page size
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payable to Clinton River Riders mailed to Gary Haelewyn 41706 Merrimac Cir, Clinton

How to Solve Saddle Sores

/By Fred Matheny for www.RoadBikeRider.com/

A saddle sore can ruin a ride. Even a tiny zit can begin to feel like you're perched on a golf ball. Nearly as painful are crotch abrasions caused by shorts that bunch or have an irritating seam.

Even the pros, hardened by thousands of miles in the saddle, fall victim to what cycling author Arnie Baker, M.D., calls "crotchitis." Fabled tough guys like Eddy Merckx and Sean Kelly had to abandon races when the pain became too great.

Most medical experts say that saddle sores are actually boils caused by skin bacteria that invade surface abrasions. Remedies have come a long way from the era when riders would put slabs of raw steak in their shorts to cushion the abraded area.

Of course, avoiding saddle sores is better than curing them (or ruining a good sirloin). Here's how:

*Improve your bike fit

If your seat is too high, your hips rock on each pedal stroke and strum your soft tissue across the nose of the saddle. The result is irritated skin and a greater chance of infection. Especially if you suffer from chronic saddle sores, have your position checked by an experienced coach or knowledgeable bike shop person.

*Stand frequently.

Doing so takes pressure off your crotch and restores circulation. Get in the habit of standing for 15-20 seconds every few minutes. Use natural opportunities such as short hills, rough pavement or accelerating from stop signs. Stand and stretch when you're at the back of a paceline or group.

*Move on the saddle

Sit mostly toward the rear where your sit bones get maximum support and take pressure off your crotch. But also move farther back on seated climbs, and more to the middle when bending low to make good time. Each shift relieves pressure points.

Choose a smooth chamois

Look for shorts with a one-piece liner or one that's sewn with flat seams. It may take experimenting with shorts brands or chamois types to find the model that works best. Women often do better with shorts designed specifically for their anatomy and that have a liner with no center seam. See the RoadBikeRider.com article, "How to Choose Cycling Shorts" also in last month's newsletter.

Select a supportive seat

Saddle choice is crucial. Excessively wide saddles rub your inner thighs. Narrow saddles don't provide enough support for your sit bones -- your weight is borne by soft tissue that can quickly become bruised and irritated. Thickly padded saddles can press upward between your sit bones, causing uncomfortable numbing pressure. The best choice for any individual rider can only be found through trial and error. Hopefully, your bike shop will have a saddle test-ride program or liberal trade-in policy. See the RoadBikeRider.com article, "How to Find a Safe Saddle"

Lube to reduce friction/

To prevent the chamois from abrading skin, apply lubrication before each ride. Try a commercial product such as Chamois BUTT'r or Bag Balm, or simply a light coating of petroleum jelly. Apply a dab the size of a nickel to your crotch before putting on your shorts.

Keep clean

Always wear clean shorts for each ride. If you seem susceptible to saddle sores, you may find it helpful to wash your crotch with antibacterial soap and warm water before lubing up. Dry your skin well first.

Strip quick

After a ride, get out of your sweaty, germey shorts as soon as possible. The environment down there breeds bacteria and encourages them to enter abraded skin. Then shower or clean up with soap and water. Dry well and put on loose-fitting clothing that allows your skin to breathe. For underwear, try boxer shorts. The tight leg bands of briefs cut across the junction of your glutes and hamstrings, right where many saddle sores develop.

Sleep in the buff

It keeps your crotch dry and free of clothing contact for as long as you're in bed.

If You Get a Saddle Sore

Medicate it

Besides keeping it clean, treat it with an over-the-counter acne gel containing 10% benzoyl peroxide. Perhaps even more effective is the topical prescription product called Emgel (erythromycin). If a sore is getting out of control, ask your doctor about a course of oral antibiotics.

Rest it

As you medicate a troublesome sore, take some time off the bike to help it heal. It's far better to lose three days now than a week or more after infection sets in. If you continue to ride on an open sore it may eventually form a cyst that requires surgery.

If You Must Continue Riding

Sometimes you can't take time off. For instance, you may be on a tour or at a cycling camp.

Change your shorts or saddle

Your problems are probably isolated in one small area -- a boil or abrasion. Changing your saddle and/or shorts can reduce pressure on the sore and lessen pain.

Use a heavier lube

If you're getting irritated, apply extra lube or switch to a more viscous one. Many long-distance riders swear by Bag Balm, which was originally made for sore cow udders but is now available in most pharmacies.

Numb it

OTC pain reducers and anti-inflammatory, such as ibuprofen, can help. In extreme cases, pro team physicians will use a topical anesthetic on riders so they can finish a stage race. It's not recommended for recreational riders because when you're numb, you can ride yourself into greater damage.

Try Preparation H ointment

No, not for /that/ reason. Prep H works on saddle sores because it shrinks swollen tissue and soothes pain. Apply it five minutes before slathering on your chamois cream and putting on your shorts. Also try a dab on sores after rides to dull discomfort.

Have a donut

In the foot-care section of drug stores, you'll find donut-shaped foam pads in several diameters. They're made for corns but can help you ride more comfortably with a saddle sore, too. Simply place it with the sore in the center of the cutout to relieve direct pressure. The adhesive backing will keep it in place.

How to Solve Painful 'Hot Foot'

/By Fred Matheny for www.RoadBikeRider.com/

In cycling, it's known as "hot foot" -- a burning pain in the ball of the foot, perhaps radiating toward the toes. Severe cases feel like some sadistic demon is applying a blowtorch.

Hot foot occurs most often on long rides. It may develop sooner or more intensely on hilly courses because climbs cause greater pedaling pressure. The pain results when nerves are squeezed between the heads of each foot's five long metatarsal bones. These heads are in the wide part of the foot (the "ball") just behind the toes.

My worst case of hot foot occurred on a 3,400-mile, 24-day transcontinental ride. With an average distance of 140 miles per day, no rest days and more than 100,000 feet of vertical gain, my dogs were smoking by the third week.

My RBR partner, Ed Pavelka, remembers being in agony near the end of one 225-mile ride early in his long-distance career. It was his first experience with hot foot, and the problem plagued him that season until he changed to larger shoes. Feet always swell on long rides (more so in hot weather), causing pressure inside shoes that normally fit fine.

"Hot foot" is actually a misnomer. It's not heat but rather pressure on nerves that causes the burning sensation. You'll sometimes see riders squirting water on their pups in a vain attempt to put out the fire.

Besides tight shoes, another risk factor is small pedals, especially if you have large feet. Small pedal surfaces concentrate pressure on the ball of the foot instead of spreading it the way a larger pedal will. If your cycling shoes have flexible soles like most mountain bike shoes, they'll be less able to diffuse pressure.

Before Ed figured out his shoe-size problem, he tried to solve the pain with cortisone injections. That's an unnecessary extreme in most cases -- and it's not fun to have a doctor stick a needle between your toes. Here are several better solutions.

Adjust shoe straps

It's the top strap nearest your ankle that stops your feet from slopping around in your shoes. Tighten it as much as necessary, but keep the strap nearest your toes loose for maximum room.

Use thinner insoles and/or socks

This will give your feet more room to swell without restriction, especially helpful if your shoes are borderline snug.

Re-focus the pressure

Many riders solve hot foot by moving their cleats to the rear by as much as 8 mm. Long-distance enthusiasts may go back as far as the cleat slots allow. They might even drill new rearward holes. After using this remedy, lower your saddle by the same amount if you moved your cleats backward 2-4 mm. If more than 4 mm, lower the saddle about half the amount. So, if your cleats go back 1 cm, put the saddle down 5 mm.

Add metatarsal buttons—These foam domes are placed on insoles (or are built into them) just behind the ball of the foot. They spread the metatarsal bones so the nerves running between them aren't pinched by pressure or swelling. You can find these products in the foot-care section of drug stores.

Switch to larger pedals for the reason mentioned above.

Buy new shoes Look for a model with a wider-and-higher toe box, a stiffer sole and an anatomical footbed with a metatarsal button. One model that meets these specs is the Specialized BG, with versions for road and off-road.

Purchase custom orthotics. These plastic footbeds are supplied by podiatrists or sports medicine clinics. Among their biomechanical benefits are built-in metatarsal buttons. Be certain the practitioner understands you're a cyclist, because orthotics for runners are not what you need. Cycling is a forefoot activity, not a heel-strike activity.

For more information on hot foot, orthotics and other foot-related issues, see "Andy Pruitt's Medical Guide for Cyclists," available as an eBook in the online eBookstore at RoadBikeRider.com.

How to Deal With Bad Dogs

/By Fred Matheny and Ed Pavelka of www.RoadBikeRider.com/

Dog attacks are high on the list of cycling fears. Maybe you can't stop Fang from giving chase, but you can outsmart him if you know how dogs think—assuming that stinkin' mutt even has a brain!

Know dog psychology— The majority of dogs who chase cyclists are merely defending their territory. When you pedal off the section of road that they consider their turf, you no longer pose a threat to their ancestral instincts and they lose interest. Incidentally, this is why you'll rarely be chased by a dog you encounter way out in the boonies. He's not on his turf so he couldn't care less about you.

Know dog tactics—Dogs want to attack from the rear, coming up from the hindquarter. Even one who sits up in his yard ahead of you may wait till you pass before giving chase. You can use this to your advantage in the next tip because it gives you a head start.

Sprint! — You often can outsprint Fido when he's more interested in fooling around than in actually attacking. You can tell his intent by how hard he's running and his expression. An easy gait with woofing and ears and tail up, no problem. A full-out sprint with ears back, tail down and teeth out, problem. Still, the territorial gene can save you. If the road is flat or downhill, stand up and sprint to get past the dog's invisible boundary.

Guard your front wheel— When a dog sees you coming, he might make a beeline for your bike, then attempt to turn up beside you. The danger here is that his poor little paws will skid on the pavement and he'll plow into your wheels. If he hits the front one, you'll crash. Sprint so that you move forward faster than he expects, and give him a margin for error by steering farther into the road—if traffic permits!

SCREAM! — Most dogs know what happens when a human is angry with them. A sudden shout of "No!" or "Git!" or "Stay!" will surprise Fluffy and probably make him hesitate for just the second you need to take the advantage. If he's hard of hearing, raise your hand threateningly as if it contains a rock. Outlaw mutts usually have had experience with bad things flying at them when a human makes a throwing gesture.

Play douse the Doberman If you see big, fast Prince up ahead and know that he sees you, sprinting might not work. Especially if the road is tilting up. Take out your water bottle. Just having it in your hand may make him stay away. If he does come near you, give him a faceful and a loud yell. This distraction will slow him down, though he may come back for more. Just don't distract yourself and ride off the road.

Some riders swear by Halt pepper spray that they clip to their handlebar. This stuff works great—if you hit your target. That's a big if when you and Spot are going different speeds, the air is moving, and you're trying to stay on the road. Pepper spray stings a dog's eyes, nose and mouth, but it doesn't cause lasting damage. It also works on human attackers, but that's a different story.

Give up and get off If nothing works and Toodles has the upper hand, dismount quickly and hold your bike between you and those sharp teeth. Swing it like a weapon if necessary, and start calling for help. Someone may eventually come out of a house and yell, "Oh, he won't hurt you!"

Call the cops If you are attacked and bitten, report it to the county sheriff or other authority immediately. Include the location, a description of the dog and the owner's name and address if you know them. Get medical attention without delay. If the dog was rabid, you are at risk of serious illness or even death. Demand proof of rabies vaccination or insist to authorities that the dog be quarantined.

If the same dog accosts you every time you ride the road, report this to the authorities, too. You have a right to use public roadways free from fear for your life, liberty and pursuit of cycling happiness. Keep following up with calls to make sure steps are taken to put PupPup on a rope.

/Receive a FREE copy of the eBook "29 Pro Cycling Secrets for Roadies" by subscribing to the RoadBikeRider Newsletter at www.RoadBikeRider.com. No cost or obligation!/



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

20584 Hall Rd PMB 247

Clinton Twp., MI 48038

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 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 NOT WITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____

ALL RIDING MEMBERS MUST SIGN