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The RAMBLER

Clinton River Riders Bicycle Club

April 2007

Ride schedule is back to its previous format. It does include most of the typical summer schedule rides. The biggest change is Steve and Debbie Angst lead the Wednesday 6 pm ride. From the elementary school near Sugarbush and Cotton, 25 30 miles, @ 16-18. The club sponsored rides begin in May with the exception of the Schultz's FH Saturday ride that will continue in to May.

The format of the news letter is changed for printing, coping , and postage costs. The online version will retain a slightly more elaborate layout but the basic content will be the same.

From our monthly meeting we welcome new attendees Jerry Torimansi, Paula Gervasi, and Ray Cronin. Annette Smith informed me that Rick Dopp Marc and Cathy Soller were not noted before. We give them a great belated thank you for their past attendance.

Sunday May 13th A Mother's Day ride at 9am from Wolcot for 30 miles . With a gathering at the Tarantino's afterwards.

May 16th is the Ride of Silence at 7pm for 12 miles. From several locations in the greater metro area. Please support this tribute to those injured or lost in cycling related events.

May

Birthday	First Name Last
05/04	Jim McKinnie
05/05	Mike Holden
05/06	Aubrey Mullings
05/07	Will Lajack
05/14	Suzanne Musthaler
05/14	Bill Guisinger
05/16	Thomas Miller
05/16	Sandra Studebaker
05/19	Gerald Bartels
05/23	Suzanne Erbes
05/25	Linda Daniels
05/29	Steve Morauski

Cycling Humor:

Despite all that winter weight you put on, you'll skim weight by buying titanium components.

You mount a \$600 cover, on a \$1,000 pickup truck, so your \$3,000 bike doesn't get wet.

How do you store your bicycle? Especially with lightweight, minimal-spoke "event wheels" -- if it's safe to hang the bikes with a hook through the rim. Some wonder if the weight of the bike will somehow pull the wheel out of true or hurt it in some other way. No chance. The stress on a hooked wheel is much less than it bears under a rider. Of course, go easy -- don't be carelessly slamming the rim on the hook. Watch out for the valve stem as you set the wheel in place.

The preferred method for hanging bikes, as well as shop bikes, is by the front wheel on a coated bike hook. They seem to have the thickest rubber coating. You can use the rear wheel or even both wheels.

No matter which way, hanging your bike is far safer than leaning it against the garage wall, where it could easily get knocked over by someone not paying attention -- you know, like when you're unloading grocery bags and one snags on your bike. Over it goes, smacking the corner of your workbench, putting a life-altering dent in the top tube. At that point, after you've stopped swearing at the rafters, you ask, "Why me, Lord?" Parking stands or elaborate hoisting systems are expensive and not any better. Just use reliable coated hooks fastened securely. And use them every time you put your bike away.

Lucinda Means

Advocacy ride is

May 30th 2007.

Check lmb.org for
more details.

[http://www.lmb.org/
pages/Events/bik
eparade.htm](http://www.lmb.org/pages/Events/bikeparade.htm)



Up coming event rides –

May 19 Zoo-de-Mackinac, harbor Springs to
Mackinaw City, 51M, Greg, 313-821-8414,
greg@zoo-de-mack.com zoo-de-mack.com

May 20 Lupus Loops Bike Ride, Shelby Twp, 6.5M,
50k, 100k, and 17.5M trail ride, Chuck 800-705-
6677, info@milupus.org milupus.org

May 28 Tour De Lakes, W Oakland County.
8,31,62M. Charlene 313-438-4220
sisterscycling@aol.com lmb.org/sisters

June 1 Harbor Springs Cycling Classic Harbor
Springs. 20, 42M 100k, 3 day. 231-
5262151 birchwood@racc2000.com
birchwoodinn.com

June 2 The 100 Grand Bike Tour, Grand Rapids.
100, 62, 32, 17 M100Grand@wheelmen.com
Rapidwheelmen.com

June 2 Shoreline Bicycle Tour- Peddle and Paddle
Montague. 16-58M. Jamie jpally@lmb.org lmb.org

Green Cruise participants expected to double

By MICHAEL P. McCONNELL
Of Journal Register News Service

The Woodward Dream Cruise may draw more than a million people each August, but a grass-roots group of alternative transportation enthusiasts is growing its annual Green Cruise a little each year.

Set for the weekend before the Dream Cruise, the Green Cruise

is coming back to Ferndale again this summer.

Last year, the event drew about 350 people, but that number is expected to double, said

FERNDALE

Melissa Damaschke of the Sierra Club in Royal Oak. She organizes the Green Cruise.

"People walk or show up on rollerblades, bikes and tandem bicycles," Damaschke said. "Last

August, we even had some people who brought a kayak on wheels."

The Green Cruise is a natural for Ferndale, where hybrid car owners can park for free in city lots and metered spaces after purchasing a permit.

The main reason, Damaschke said, the Green Cruise moved to Ferndale from Royal Oak last year is that Ferndale is one of the few cities in the region with dedicated

bike lanes on streets for bicyclists.

City officials also support the event. Last year, Mayor Robert Porter and council members Craig Covey and T. Scott Galloway attended the Green Cruise.

"Although the Woodward Dream Cruise started in Ferndale, we're committed to being a Sierra Club 'Cool City' by reducing carbon emissions and energy use," Galloway said.

MARVIN/ by Tom Armstrong



Sorry, but let's talk some about what is hopefully not the inevitable. If you have not crashed on a bicycle you probably know someone who has. There are some things to know – first don't substitute first aid for getting qualified medical help. Second keep calm and don't let guilt or circumstances overwhelm the situation. Contact the police, EMS, and gather all information possible. This data can include insurance information, precinct area, photos if possible, and follow up police reports. Carry a cell phone and identification that includes In Case of Emergency (ICE) data.

The last thing we want to think about is an injured riding friend, but better to do so now than to try and figure out what to do after an accident happens. Be prepared when the only thing between your injured friend and the nearest hospital is a long trip. Occasionally, things get nasty and we end up with road rash, a broken collarbone or worse.

Broken Wrist

Your wrists are fragile, so sticking your hands out when you go down often results in a break. It's obvious when a wrist is broken, It hurts greatly, swells immediately and you lose hand function--you can wiggle your fingers, but not much else.

What To Do: Wrap a mini-pump in a jersey or some socks, place it against the forearm so it extends from the middle of the palm across the injured wrist and up the arm, and duct tape it into place. Gently stuff the injured arm into the rider's

zipped-down jersey to keep it from moving. Don't wrap the wrist too tight, that could cut off the circulation as the wrist swells. Another option: Empty a hydration pack of its contents, wrap the pack around the injured part, and tape it into place. Then get to a doctor.

Broken Collarbone

The same force that snaps your wrist can also break a collar bone. Obvious signs of a clavicle fracture: swelling at the site of the break, and pain when the arm is moved. What to do: Stabilize the arm. Fashion a jersey into a sling, or use duct tape: Bend the elbow at 90 degrees, place the arm against the body, then tape it into place so it doesn't move. Wrap the tape diagonally from the hip, over the forearm, across the body in back, then underneath and back in front. Always stick the tape to itself; if you use small pieces on sweaty skin, the tape will slide off eventually. If you have enough tape, wrap the upper arm also, or do another loop around the body closer to the wrist. Wrap until you run out of tape.

Dislocated Shoulder

The force of a fall can wrench your shoulder out of joint, particularly if you've dislocated it before. Signs of a dislocation: searing pain and a grotesque bump where the ball at the top of your humerus (the upper arm bone) is out of place. Stabilize the arm the same way as for a clavicle fracture, and walk to where you can get help.

The Concussion

If someone is knocked unconscious or complains of neck or back pain after a crash, do not move him--he could have a serious spine injury. After you stop any bleeding and make sure the injured rider is breathing, make him comfortable--drape extra clothing over him to keep him warm, offer some water--but do not allow him to move. Call 9-1-1. No reception? If it's just the two of you, you'll have to leave your friend and get help. "All you do by waiting is worsen the victim's chances," says Brighton. "Make him comfortable, then get your butt to a phone as fast as you can."

Clinton River Riders 2007 Weekly Ride Schedule							
	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
AM			9 am Rick & Sue Moorman lead a 30 mile ride from TBD To TBD. Contact Rick for weekly particulars.		8 am or 8:30 Meet Duane Nieman or Bill & Annette for a 40 or 50	9 am Shultz FH 8 1/2 & Gratiot, 33 miles at 14 - 16 to Grosse Pt and breakfast afterwards.	
					mile ride at 15 - 18 MPH ride. Call Bill at 248-652-2278 or email nlt than Wed.	9 am Stony Cr West Br parking lot. Meet TJ Hill for mountain bike riding, pace of TJ. Good beginner ride. Call TJ at 586-293-0162.	9 am Stony Cr Boat Launch Meet TJ Hill for 509 miles of mostly dirt road riding. With a lunch stop somewhere about the 30 mile mark. Call TJ at 586-293-0162.
PM	6pm Chrysler Recovery Ride Meet Ken Rosiek for a fast ride that will average 18.5 for a distance of 30 miles. No ride on club meeting nights.	5:30 Sheffield NW corner of Big Beaver & Cunningham (1 blk west of Coolidge) Meet Ken Rosiek for the Sheffield Shuffle Pt I 18 - 22 MPH for a distance of 35 - 50 miles	6 pm Meet Steve and Debbie Angst Naldrett Elementary off Sugarbush. This is north of 21 mile and east of I-94. For 25 miles around New Baltimore. 16-18 mph. (Starts May 2nd)	5:30 Sheffield NW corner of Big Beaver & Cunningham (1 blk west of Coolidge) Meet Rick and Sue for the Sheffield Shuffle Pt 2 15 - 18 MPH for a distance of 35 - 50 miles	6 pm Meet Bill Stimpson at Jefferson & Marter through the Pointe's. May's pace will be 14 - 16 mile and pick up to 15 - 17 mile pace for the rest of the summer.		
	CRR Meeting 7pm, 2 nd Monday of the Month Mt Clemens Library (downstairs) 150 Cass Ave Refreshments served.			Gary Haelyn Ride Director HOTLINE 586-819-0222		Newsletter Changes to Les Dunham, lesdunham@hotmail.com or 586-216-4135	

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 on e 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