



April 1992

Ramble

Insurance Suprise

by Bill Duemling, Pres.

\$265.00 last year, \$1,000.00 this year.

On May 1st the club's liability insurance is being renewed with a new company, North American Specialty Insurance Company. The current carrier will no longer handle this type of policy. We will continue to be under the master League of American Wheelmen group policy and the Clinton River Riders will be named additional Insured on the LAW policy. This provides insurance for all registered and reported LAW club members while taking part in scheduled and supervised club activities or "special" pre-reported events.

The policy excludes professional liability, care, custody, control and racing events. A race event is to be defined as any timed contest, time trials, competition or exhibition, any event involving competition between two or more cyclists or any race training activities. (Coverage for racing events is available at an additional cost).

The Coverage and Limits for Commercial General Liability as provided by North American Specialty Insurance Co. are as follows:

\$1 million per occurrence
\$2 million General Aggregate
per club

\$1 million Non-owned and
Hired Auto

The cost for this CGL insurance is \$250.00. Our 1991 policy cost \$265.00 and included BWR which this one does not.

Insurance for the Blue Water Ramble is covered as a "special" event. A special event is defined as any sponsored activity where an admission is charged. The club needs this insurance in order to hold the event and utilize the St. Clair High School property. The premium is based on 1500 riders at a cost of \$750.00.

The Coverage and Limits for Accidental Medical are as follows:

Accidental Death and
Dismemberment — \$5,000.00
(50% Dismemberment Schedule)

Accidental Medical Coverage -
in excess of \$500.00 per
claim deductible and excess
of any other valid and

...continued on last page

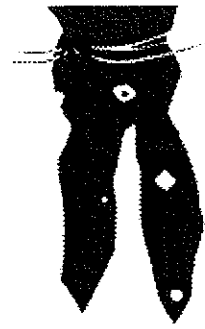
NEXT MEETING:

Monday May 4, 1992, 7:00pm
at the Mount Clemens Recreation Center
300 Groesbeck at Lafayette.

| | | |
|-------------------|-----------------|----------|
| President: | Bill Duemling | 752-6310 |
| Ride Director: | Doug MacDermaid | 774-0295 |
| Secretary: | Dennis Audet | 777-0837 |
| Treasurer: | Bob Goebel | 286-0384 |
| Editor: | Vicki Malloch | 979-4076 |
| Assistant Editor: | Mike Kiefer | 884-1052 |
| HOTLINE: | | 792-4670 |

Ride Schedule

Call the hotline (313) 792-4670 for updates.



Recurring rides for April

Tuesdays, 6:00pm. Meet Warren Berthelsen at the original Pavlat's Bike Shop (Mt. Clemens) for a ride to Metro Beach. Pace 14-16, 20-25mi.

Tuesdays, 6:00pm. Meet Gary Haelewyn at the original Pavlat's Bike Shop (Mt. Clemens) for a "Sprinkle Sprint" ride to Metro Beach regrouping after sprints. Pace 16-18, 25mi.

Wednesdays, 6:00pm. Meet Rick and Sue Moorman at 17 Mile/Garfield behind the doctors office for a ride out to Stoney Creek. Pace?, 30mi.

Thursdays, 6:00pm. Meet Rich & Pam Dyer at Water Tower in New Baltimore. Pace 18-20, 35mi. **Call Rich 949-0183.**

Thursdays beginning April 30th, 6:00pm. Meet Jackie Kray at Pavlat's Two Wheel Authority in Royal Oak for a beautiful ride through Oakland County's posher suburbs. Plenty of shaded, winding roads lead you up and down towards Cranbrook and afterwards hang-out for ice cream. Its rumored, there may even be a little live music in the Royal Oak area in the early evenings. Check it out! Pace 14-16, 25mi. **Call Jackie 544-0264.**

Fridays, 6:00pm. Meet Kirk & Katie Carolan at Jefferson & Marter (8 1/2 Mile) for a ride to Grosse Pointe and back. Pace 16-18, 22-25mi.

Saturdays, 8:00am. Meet Doug MacDermaid, Oscar or Bill at the Stoney Creek boat launch for a 45mi. ride stopping halfway in Armada for breakfast. Pace 16-18.

Saturdays, 2:00pm. Meet Blake Bennett at Duck Pond in Rochester for a ride to lake Orion. Pace 13-15 out & 15-17 returning, 19mi.

Sundays, 8:00am. Meet Dennis Audet at Dodge Park for a ride to Broadway Cafe in Mt. Clemens for breakfast. High cadence warm-up ride. Pace 14-16, 20-25mi. round trip.

Sundays, 8:00am Sharp! Meet John Payne at Derby Jr. High (corner of Adams and Derby Rd., just N. of 15 Mile in Birmingham). Different ride each week to a restaurant. Pace 12-14, 16mi. **Call John 755-0730.**

Scheduled rides for April

Friday - Sunday, April 17, 18 & 19. First Easter Bunny Tour at Doug MacDermaid's cabin. There is a 40mi. ride planned for Sat. and a canoe trip Sunday. **Call Doug 774-0295.**

Sunday April 26, 7:00am. Need more distance? Meet John Edry at Utica High School for a pre-ride to Romeo High School to meet up with Duane & Elizabeth's group and continue on to breakfast. Pace 17-19, 70mi.

Sunday April 26, 9:00am. Meet Duane & Elizabeth Nieman at 32 & Van Dyke (Romeo High School) for a ride to the Dryden V.F.W. for a country breakfast. Pace 16-17, 40mi.

Sunday May 10, 8:00am. Annual Mother's Day Castle Ride. Meet Jerry Pavlat at 19 & Van Dyke (6300 19 Mile Rd. at Industrial Park) for a ride to a castle and then on home to Pavlat's for an informal get together with breakfast pastry's and juice. Pace 12-15, 20-30mi. Recommended.

Looking ahead to May

Sunday May 17, 8:00am. Meet Dave Switney and Sharon Wiseman at the Stoney Creek boat launch for a tandem led ride (singles welcome) to breakfast overlooking Lake St. Clair in New Baltimore with a return stop at the Wolcott Metro Park. Pace 15-17, 55mi.



Birthdays

Kelly Abraham 4/2,
John Deradoorian 4/4,
Derek Clark 4/5, Nick
Prentis 4/6, Kathleen Gasser 4/7,
John Williams 4/8, Amy Ostrowski
4/11, Nicole Malloch 4/12, Bryan
Domagalski 4/16, Rosa Van Buren 4/16,
Joe Sanchez 4/21, John Maravich Jr.
4/24, Matthew Moorman 4/24, Susan
Burke 4/27, Rebecca Cumbow 4/27,
Nancy Thones 4/27, Jim Cramer 4/29,
Diane Van Tiem 4/30



Rails to Trails

As of March 4, 1992 there were 450 Rail-Trails in the United States and 39 of those are here in Michigan. The Rails-to Trails Conservancy (RTC), a national, non-profit organization created to foster the conversion of abandoned rail corridors into trails for public use, is planning a celebration for Saturday, October 3, 1992 to coincide with the anticipated opening of the nation's 500th abandoned rail corridor conversion. Anyone familiar with the Paint Creek Trail understands the significant work the RTC is doing.

In Michigan a celebration will be staged August 16-21st by the Free Press and Michigan Rails to Trails who are setting up for a simultaneous statewide ride. Registration forms will be in the April 19 Free Press Sunday Magazine. The organizers are looking for volunteers to help and it would be nice if the Clinton River Riders would host a food stop along Paint Creek Trail.

Welcome new members:

The Clinton River Riders proudly welcome the following new members:

Michael Abramson

Jeffrey Bozynski

James Gifton

Carlos Gonzalez & Family

We hope you will enjoy this and many future seasons cycling with us.

Slide Show

Sue Pavlat and Ron Dossenbach will present a slide show of 1991 CRR events at the May 4th meeting. This is the same great show they presented at our Christmas party.

Club Jerseys

Are they ever popular! We're 2 jerseys away from our first reorder. The total cost \$48.50. The club is subsidizing \$16.00 of that. A \$20.00 deposit is required along with your size. Mens and womens are available from small to XXL. Make checks payable to the Clinton River Riders and send to Clinton River Riders, Club Jersey 36558 Moravian, Mt. Clemens, Mi. 48043. Any questions contact Bob Goebel 286-0384 and hurry!

Jackets

Also going fast, club jackets are only 3 orders away. Contact Mike Malloch at 979-4076.

Just For Tandems

Your invited to join. M.U.T.S. Michigan United Tandem Society, a state wide group of tandem enthusiasts promoting tandem activities, rides and social events in Michigan. Through their newsletter, the Barks Bulletin you'll be kept informed of club rides (all over the state!), activities, editorials and tandem related items for sale by other club members.

It's easy to join. For a one year membership just send eight (business size) self-addressed stamped envelopes to:

M.U.T.S. c/o Larry & Jan Kosten, 7070 Kevin Court, Hudsonville, MI 49426.

For further info call (616) 669-8621

Congratulations

Our very own Mike Gemus placed 12th in his very first USVF road race in Ann Arbor last weekend. Way to go Mike!

Awards Committee

Doug MacDermaid requested a committee to set up mileage awards & rules at the last meeting. Elizabeth Nieman, Gary Haelewyn and Mike Holden have volunteered.

Missing Persons

Bill Deumling and the club officers request that some old club records including maps of ride routes and old financial records pre-1986 find there way home.

Does anybody know what happened to Fred Seawald, Clinton River Riders President 1983?

BWR Wish List

The club has already begun acting on suggestions. Rose Goebel was given the OK to purchase some Rubbermade Storage Containers and a suggestion for a new gas grill for hot cider has been accepted. Bob Goebel kindly offered to store the grill at his house. Also on the list are more side covers for the tents. If you have a suggestion please contact Andy Neuman or bring your suggestion to the meeting.

In the Works

At the April meeting Jerry Pavlat made mention of a future zoo ride with the little ones. We'll keep you posted.



Bike to Work Day

On the third Tuesday in May, as part of National transportation Week, the League of American Wheelmen are sponsoring a nationwide Bike to Work Day. The purpose: to educate both bicyclists and non bicyclists alike that the bicycle is a sensible and beneficial means of transportation; to make basic information on commuting available to potential riders; to encourage people to try alternative forms of commuting; and to increase the general public's awareness and respect for bicyclists.

This is a great chance for us as avid riders to promote our sport and gain greater respect on the road. Last year one such individual in our club took on this challenge. Gary Haelewyn was written up in the Detroit Free Press for recruiting his coworkers at Kmart headquarters in Troy and leading a ride to work. He used what he called a "park-and-pedal concept." "We're meeting at parking lots part of the way there, so people won't have to ride as far." We were all very proud of his efforts and achievement. Hopefully, this year there will be more of us out there setting an even better example.

Arranging for a ride doesn't have to be a major undertaking. Talk to other employees and get some interest started. Then get a little support from your employer which may give others a little more incentive and help you get the word around. Company activities can create team spirit and occasionally induce even the most closed minded. If your company has a newsletter, there is no better way to promote such an event. All that's left to do is plan out a route and ride. It's not that much trouble and think about all the fun everyone will have. If your really lucky, this may look good on your record come your next employee review.

Bike Expo Success

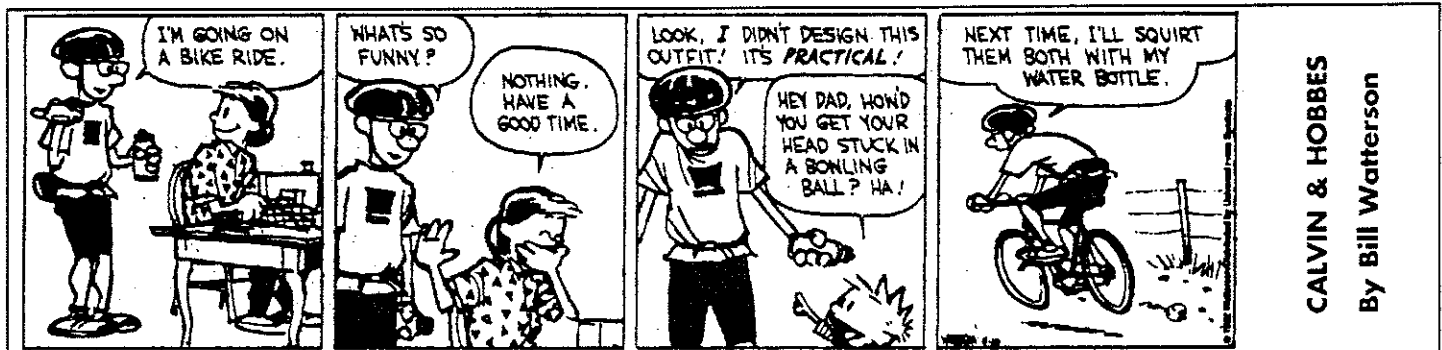
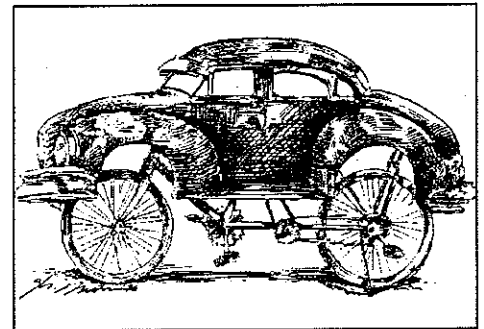
The club would like to extend a personal thank you to Mike Gemus and his committee for doing a fantastic job representing our club at the 1992 Bike Expo. All there hard work appears to have paid off. The increased attendance at this years show means greater exposure for the club not to mention a greater awareness of cycling which is our purpose. Also, thank you to Eileen Wade for her inviting presentation on nutrition and to the following for their donations and free samples:

Mrs. Janice Dahlseid at American Natural Snack (St. Augustine, FL), Mr. Ken Becker, VP and Laurie at Imagine Foods (Palo Alto, CA), Ms. Kathy McKnight representative for Life Stream (Richmond, B.C., Canada), Janet Crolius, General Manager of Grainaissance (Emeryville, CA), and Especially to Markita at the Distributor, Tree of Life Midwest, who provided contacts and supplied orders. Thanks also to Dwight Hurlbut and John McEntee of NutriFoods in Royal Oak for recieving the products for us.

Tape Twists

Does it always seem that padded handlebar tape starts working its way down towards the brake lever after only a month? Well, there is a trick to make the wrap last a lot longer. First make sure the handlebars are free of any residue from the previous tape job, and free of oil. Then wrap a layer of friction tape (available in the electrical department of any hardware store) on the bars. Start at the end and wrap each layer as close as possible without overlapping. When you reach the bend, overlap on the inside of the bend only, leaving a small gap on the outside. When you reach the brake lever, cut the tape and start again on the other side of the lever. Continue wrapping until you have reached the end of the area you want to tape. Make sure that the tape is smoothly wrapped with no wrinkles. Then wrap the handlebar tape in the normal fashion. This method will usually last three to five times as long as a standard tape job.

Ed Gostin



Insurance continued...

collectible insurance —
\$10,000.00

This policy requires a waiver, release and indemnity form from every rider and club member. The waivers and releases will be supplied by North American Specialty Insurance Company. As of this edition we have no idea of the length or content of these forms.

Very Important!

The waiver form must be signed and kept on file for every club member and every BWR rider. The insurance carrier has made it quite clear that if a signed waiver can not be produced in the case of a claim, NO insurance will be in effect, and the club, it's officers and it's members could be joint and severally liable for making payments to an injured party.

A membership roster is to be sent to the insurance carrier at the time the policy is issued and must be updated monthly thereafter. There isn't a mandatory helmet requirement to obtain this insurance, however the club must report whether we have one or not. The carrier may charge more in the future if statistics show more injuries and accident claims resulting from clubs that have no helmet policy.

Ask Dr. Bike

Dear Dr. Bike, there is this really attractive woman I'd like to ride with but I have trouble keeping up. Do you think if I shaved my legs I would go faster. Doug.

Dear Doug, it is true racers shave their legs but you, like many others misunderstand the reason for this. The uninitiated think that shaving their legs actually improves air flow by cutting drag. Still others think its a preventative measure in case an accident occurs. We all know how painful removing a bandage can be. Though the obvious answer everyone seems to miss is how it improves your legs appearance. This is important to the seriously competitive cyclist. A clean shaven, properly conditioned leg can break another's pace by momentarily breaking their concentration. Slowing down your opponent makes you faster in relation.

So Doug, the question now becomes, can I tempt her with my legs? If you're confident enough, go for it. Maybe you'll notice her riding a little slower next time.

Just ask Dr. Bike.

LMB Calendars

The LMB Michigan '92 cycling calendars are in. Anyone who didn't pick one up at the last club meeting should look for them at the next one.

Executive Paper Collection

Sometimes a little blurb catches your eye. Reprinted from The Wheel (London Cycling Club Newsletter) April 1992 under Coming Events:

"Blue Water Ramble: Our most popular event! Ride with our American friends along both sides of the St. Clair River."

Pat yourselves on the back for a ride well done.

Newsletter Deadline

The deadline for the next newsletter is Sunday May 10. Please bring items for the next newsletter to the meeting or contact the editors.

To schedule rides for the ride calendar, please call the ride director.

FOR SALE:

52cm Pinarello Montello Chromanero w/Campy C-record headset, Campy C-record friction shifters on bike, like new, too small, asking \$500.00 (\$1000.00 frame) Bob Bellia 977-0879

"In order for my wife and I to buy a tandem I must sell my other bike." 1991 White Kestrel 200SC, EMS Fork, 56cm, full Dura-Ace 8-Speed, Campy Omega Aero Wheels, Modolo bars and stem, Regal white saddle, like new, less than 400 miles. New \$2,500.00, asking \$1,995.00. Ron (616) 965-0311

SUMMER EMPLOYMENT OPPORTUNITY:

Children's summer camp in Northern Michigan is looking for young adult with cycling experience to lead group tours. Mid June - Mid August. Salary, room and board. Must be at least 20 years old, good driving record, basic mechanical knowledge to make small repairs. Other camp skills desirable. If interested please call Dave Beauchemin 293-3594 or Larry Stevens 661-1890

