

Officers

President

John Tarantino

586-677-0482

Redtandom@aol.com

Ride Director

Bill Baker

586-739-0261

CRRrides@wideopenwe
st.com

Treasurer

Marilyn Tarantino

Secretary

Tom Hill

586-293-0162

Tjbiker@juno.com

Editor

Gary Haelewyn

586-286-5094

Bluecyclist@yahoo.com

Publishers

Bill & Annette Smith

248-652-2278

Bsmith02@comcast.com

Sunshine

Julie Windhorst

586-939-6073

Weetandem@yahoo.com

Legislative Liaison

Mike Sproul

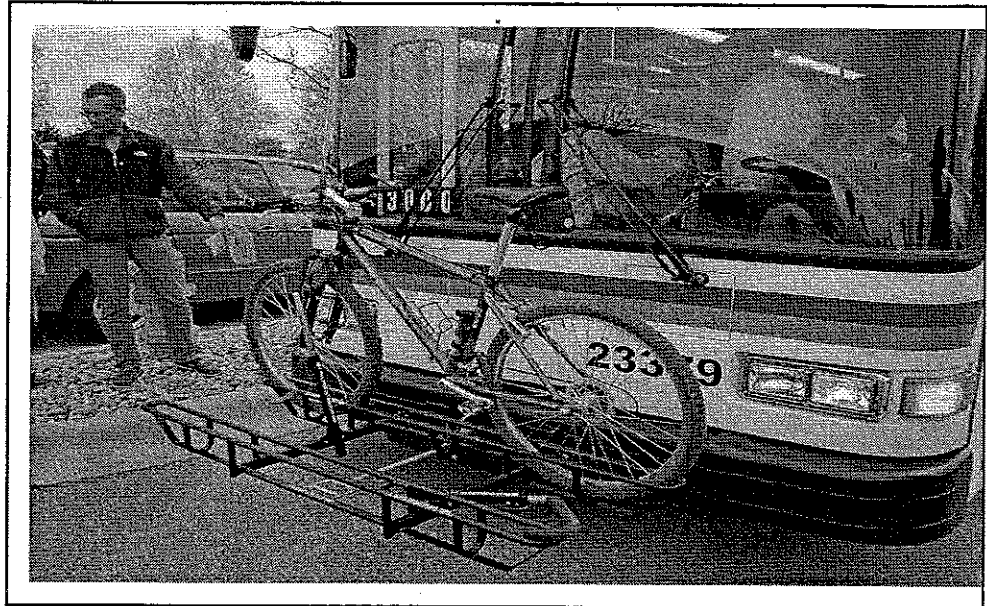
BWR Chair

Diane Baker

The "RAMBLER"

May 2004

Clinton River Riders Bicycle Club



Question, what do Bob Latsko, Gary Green, Dave and Gail Komendera, Darlene and Tim Philips, Laurie Brickner, Doug MacDermaid, myself and T J Hill all have in common? See inside this month's newsletter to find the answer. Also, why did Dave Switney leave last month's meeting to race home and get his camera? And lastly, have you ever thought of becoming an actor in an "arena"? Beginning in June you will have the opportunity. See details in this month's newsletter along with lots of new interesting rides and other events.

Gary Haelewyn, Editor Bill & Annette Smith, Publishers

A Club with Clothes,.... Goes

We will be ordering club long sleeve jerseys (first time), vest (first time) & jackets if we can get the minimum 16 quantity for each item. The money must be collected up front since the club is not putting up the funds to order. The jacket is the same one you see club members wearing. The long sleeve jersey has a full zip and is like the short sleeve jersey in color, but the sizing is the "pro fit", not the relaxed fit. (so order a size or two larger than the short sleeve jersey). The vest has a micromesh lower back, anatomic fit, rear yoke/side, shoulder panels black.

I will have sample long sleeve jersey and vest at the June meeting.

If you are interested in this one time order, please call me as soon as possible. Pass the word!

Thanks... Sandy Overway 586-781-8315

Club Cookbooks are still available see Juli Windhorst. Interesting WEB sites: **ClintonRiverRiders.org** as well as **BlueWaterRamble.org** thanks to Bruce Freeburger. Debbie Angst created new **Club Apps** as well as new **Club Membership Cards**.

May 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	18	19	20	21	22
23	24	25	26	27 SMART	28	29
30	31					

HOTLINE

586-819-0222

(Press 1 for latest updates)

WEEKLY RIDES**CHANGES**

Call Bill Baker, Ride Director

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

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.

TUESDAYS :**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, 30 to 35 miles. Call Rick and Sue Moorman 586-792-0119 for details.

WEDNESDAYS :**5:30 PM**

"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.

June 2004

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4 Men's Ride	5 Men's Ride MHPV
6 Men's Ride MHPV	7 Men's Ride	8	9	10	11	12
13 Pre-OHR	14	15	16	17	18	19
20 Royal Oak	21	22	23	24	25	26 MRRC
27	28	29	30			

THURSDAYS

5:30 PM

“Sheffield Shuffle II” same as Wednesday ride only meet leaders Rick and Sue Moorman.

6:00 PM

Meet Bill and Bill at Prestige Cycles, Moravian & Garfield, 2 hour ride to unknown destinations at 13-15 MPH.

FRIDAYS:

8:00 AM

Meet Duane Nieman in the Romeo/Armada area for 35 to 60+ mile long rides to different locations at a pace of 15 to 18 MPH with a breakfast stop. Call Duane 586-752-6482 or email Bill Smith bsmith02@comcast.net and Bill will add you to a distribution list for latest ride info.

6:00 PM

Meet Dave Baker at Marter & Jefferson, 15-18 MPH for 30-35 miles. Pace will increase to 18mph as season progresses.

SATURDAYS:

8:00 AM

Meet Bill and Annette Smith and Sandy Overway at the Stoney Creek boat launch for a 16-19 mph 40-45 mile ride to Armada for breakfast.

9:00 AM

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.

SUNDAYS:

9:00 AM

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

Note: Send newsletter ride changes and/or additions to BLUECYCLIST@YAHOO.COM

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:** OPEN
- **Routes:** Open
- **Ferries:** Bruce Carlson
- **Registration:** Bills Baker & Duemling

Welcome New Members:

PATRICK CHANDLER

Birthdays

Bday First Name Last Name

06/05	Aletha	Bartels
06/06	Ed	Gostin
06/07	Gail	Komendera
06/12	Steve	Mastay
06/16	Bill	Smith
06/16	Sandy	Overway
06/16	Sue	Graham
06/17	Dave	Switney
06/21	Laurie	Brickner
06/21	David	Komendera
06/24	Art	Anderson
06/25	Carol	Meerhaeghe
06/28	Julie	Windhorst
06/30	Rich	Ostrowski

May is National Bike Month

The League of American Bicyclists is promoting Bike-to-Work Week from May 17th - 21st and Bike-to-Work Day on Friday, May 21st. Events will be taking place all throughout the country and this is both a notice to your group of the celebrations and a request for you to promote your organization's activities through the League of American Bicyclists.

* For more information about the League's involvement with Bike Month activities, and to promote your own event, please go to <http://www.bikemonth.com/>

* Your organization can order promotional supplies for Bike Month activities, and list it's scheduled events online through our website; www.bikemonth.com.

* The Ad Council has endorsed our Bike to Work Campaign for 2004! The public-service announcement (created by Animation Werks) is available for play by any television station in the country.

If you would like to see the Bike to Work Week PSA on your local TV Stations, there is a simple, 3-step process you should follow:

1. Contact your local TV station and asks them if they would be interested in running the Bike to Work Week PSA (the PSA Director can preview the PSA by visiting www.bikemonth.org).
2. TV contacts advocate and agrees to run the PSA.
3. Advocate contacts the League to have a copy of the PSA sent directly to the contact person at the TV station.

Bicycling is part of the solution to many of our nation's problems: the obesity epidemic, traffic congestion, air pollution and more. Some 64% of adults and over 15% of kids are overweight today, resulting in 300,000 premature deaths and a cost to society of \$117 billion a year. Over 22% of all motor vehicle trips Americans take are less than one mile long, and 50% of the working population commutes five miles or less to work, an easily bike able distance. If the average person biked to work or shopping once every two weeks instead of driving, we could prevent the pollution of close to one billion gallons of gasoline from entering the atmosphere every year. The League of American Bicyclists' new television and radio PSA campaign uses humor and the element of surprise to encourage Americans to visit www.bike-to-work.com and bike to work instead of driving. The League promotes bicycling for fun, fitness and transportation, and works for a bicycle-friendly America.

Please feel free to contact the League of American Bicyclists at (202) 822-1333 if you have any additional questions

Rochester Hills Park Passes will be available for \$25 for the season. The Velodrome lamps will be installed by mid June of this year thus extending the time that racing can continue into the evening.

The Prez Sez,.....

This month's sermon is on bicycle advocacy. Our bike club donates thousands of dollars every year to bicycle organizations. We need to do more. Our time is very valuable and important for bicycle advocacy. Any event that involves bicycling demands our time. Showing up in big numbers is critical to the future of our sport. The following are a few events which I believe need our support.

Bicycling events come in many forms. The Smart bus system will be adding bike racks to their buses on major routes. A news release at the State Fairgrounds will be May 27th at 1:00 pm. I will take a half a day off from work so I can attend. There is no reason why twenty or more members can't be there.

Racing at the Velodrome starts in June. Show up and support this great addition to our community. Races will be shown on PBS. This is great news but we shouldn't stop there. We need hundreds if not thousands of people to show up every week. With huge crowds, maybe we can attract ESPN or a major network.

Work has begun on the Macomb Orchard Trail. The county would like the work to be done by the end of June. A dedication for phase I should be in July. I can't tell you how important it is that we show up in big numbers. With huge support the county can justify completing Phase II and Phase III next year.

This is a small but important list of events that are happening this year. The more positive exposure we receive, the safer the roads will become for us to ride on. I want to see one hundred percent support for all these events.

As always, feel free to call me for more information. I will keep everyone updated on coming events. Our club has the power to ensure safe cycling in the future by sharing a little of our time NOW!

Amen

John Tarantino

So what do Bob, Gary, Dave, Gail, Darlene, Tim, Doug, and Laurie have in common with our club's secretary TJ Hill? They actually rode the "Perfect" 10 miles TJ mentioned in April's newsletter as his most beautiful road he has ever ridden, Hwy 11 between Bellingham and Larrabee State Park. And we all have old club members Dan and Bev Feucht to thank because they organized the Pacific Northwest ride back in 1999 that took us over that exact stretch of road. Thanks to Bob Latsko for not only looking up the road but also for reminding me of that fantastic once in a life time trip. Bob and I both agree however, it would be very difficult to pick a favorite piece of road ridden because of all the wonderful places Dan and Bev took us and other club members over the years they lived here. We miss you Dan and Bev, where ever you are!!!

Donna Menendez sends a big THANK YOU to all the club members that donated to her grand daughter's father, Bill Fisher, and his desperate journey to obtain a bone marrow transplant. The bowling, hair cut-a-thon, and spaghetti dinners provided much needed support to Bill's cause.

SPECIAL EVENTS

SMART will be installing bike racks on all of our large linehaul (fixed-route) buses. We have scheduled the press conference **Thursday, May 27th Time: 1:00 p.m.** Location: State Fair Grounds The event should last approximately one hour and we ask that participants arrive approximately 1/2 hour before (12:30) in order for us to conduct a quick rehearsal. We have received commitments to attend from: Nancy White Macomb Count Board of Commissioners Chair Person L. Brooks Patterson Oakland County Executive Robert Ficano Wayne County Executive To kick off the start of the press event, each county leader will ride a bicycle leading a large group of riders and a SMART bus. Please know that we hope to get upwards of 50 - 60 cyclists to attend and I sincerely appreciate your spreading the word about the event. Should you have any questions, please either e-mail me or call my direct line at (586) 791-6834. **Dave Switney raced home to get his camera to shoot this month's front cover picture taken at the May meeting. Thanks Dave and thank you to Fred Barnette from SMART for bringing the new bus to the meeting location!**

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". **The meeting place for the trip will be the McDonald's on Hall Road west of Elizabeth.**

June 5-6, 2004 (Saturday and Sunday), Michigan Human Powered Vehicle Rally Waterford, northern Detroit area, 313.884-0109, www.lmb.org/mhpva, WKiebler@Comcast.Net

On **Sunday 13 June** there will be a ride to Meadowbrook Hall that includes a 90 minute guided tour of the facility. The ride will leave from Square Lake and Crooks at 9 AM. Twenty people are required to cover the expense. Call John Tarantino for details.

Pre "One Hell of a Ride" Ride: Sunday **June 13** at 9:00 am. Meet at the Chelsea Fair Grounds. Distance approximately 50 miles at 16 - 20 mph. Call Ken Rosiek 248-541-0861 for details.

Join Dave&Sharon on **June 20** for a 46 mile ride to and from Royal Oak at a pace of 16 to 18mph. Meet at 8:30am in Wiley School parking lot on Shelby Rd. across from Utica High School in Utica. Breakfast in R.O. and a 30-45 min tour of the Clay & Glass Art festival.

June 26, 2004 (Saturday), Michigan Recumbent Rally Central, Holt, Michigan (Lansing area), 10am-3pm, 517.694.6702, www.wolverbents.org, wolverbob@cs.com

In **July** a ride to the Holocaust Museum will be scheduled. The Museum is located in West Bloomfield.

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

SPECIAL EVENTS (continued)

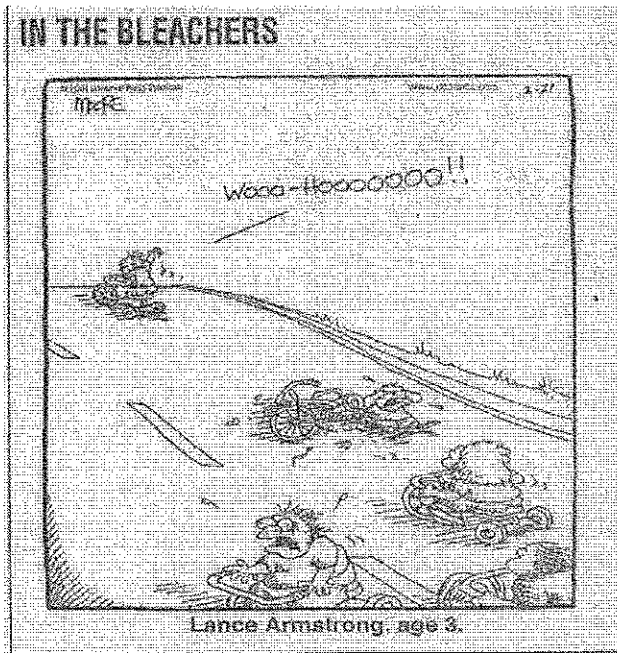
Join Dave&Sharon on **July 25** at Monfort Elementary School on Montgomery St. located between 23 and 24 mile east off of Mound Rd. in Shelby Twp for our 25th Anniversary Ride. There will be two rides!! First ride leaves at 8:30am for 35 miles at 16-18mph, with some good hills into Rochester area, return to Monfort. Second ride starts at 11:30am for 15 miles at 14-16mph within Shelby subs, and is flat. Second ride occurs rain or shine!!! RSVP requested. dtswitney@nerzero.net or call 586-254-1851 before July 19th. Lunch and cake to be served after the ride! More details to follow!!!

The **August** special ride will be to the Wright Museum. Call John Tarantino for details.

Just an update.....Registration is open for the Midwest Tandem Rally, **Sept 3-6, 2004** in Columbus, IN. You can visit our website at www.mtr2004.org for info or register online at www.active.com. We just received word from our host hotel, Holiday Inn Conference Center, that they are sold out and as of today, only 1 of the 4 hotels where we have rooms reserved still have rooms available. If you are planning to attend ...register now and reserve your hotel room quickly. We are expecting over 500 tandem teams for this great Labor Day Weekend tradition.

Eric Schwarzkopf, Chairman, Marketing & Publicity, Midwest Tandem Rally 2004
11752 Skyhawk Court, Fishers, IN 46038, 317-845-9531, CIBAEric@aol.com,
www.mtr2004.org

Lance is yelling "Wooo-Hoooo!!!"



Lance Armstrong at age

Love is,...



... what makes the mundane magical.

Thanks to Shiela Jones for the above 2 comics. Just not sure what is the "mundane".

Stony to Metamora Que Sheet

From Boat Launch,
clockwise to Mt. Vernon HIF 2.5 miles
North on Mt. Vernon to 4 mile mark
Left on Dequindre to 8 mile mark
Left on Brewer to 9 mile mark
Right on Townsend to 10 mile mark
Left on Mack to 10.5 mile mark
Right on Texter to 11.5 mile mark
Right on Frick to 12 mile mark
Left on Hagerman to 13.5 mile mark
Left on Leonard to 15.5 mile mark
Right on Haven to 18 mile mark
Left on Hough to 19 mile mark
Right on Lake George to 20.5 mile mark
Left on Casey to 23 mile mark
Left on Brocker automatic to 25 mile mark
Right on Gardner to 26 mile mark
Left on Hendrie to 27 mile mark
Right on Blood to 27.75 mile mark
Left on Third to 28 mile mark
Right on Pleasant to 29 Mile
Left on Dryden to 30.5 Mile
Right to Sundance R'str'nt
Backtrack to return

Dryden from Stony Que Sheet

From Stony Boat Launch,
clockwise 2.5 miles to Mt. Vernon hole in
fence.

North on Mt. Vernon to 4 mile mark
Left on Dequindre to 8 mile mark
Left on Brewer to 9 mile mark
Right on Townsend to 10 mile mark
Left on Mack to 10.5 mile mark
Right on Texter to 11.5 mile mark
Right on Frick to 12 mile mark
Left on Hagerman to 13.5 mile mark
Right on Leonard to 14 mile mark
Left on Secord Lake to 16.5 mile mark
Left on Hough to 16.75 mile mark
Right on Mill to 19.75 mile mark
Right on Dryden to, Sundaze Resturant
Return Route backtrack to Stony

**Thanks to T J Hill for these
Mountain Bike Route sheets
to popular local destinations**

Lake Orion Loop

Exit Stony at Mt. Vernon hole in fence
go north to 28 Mile Road

Left on 28 becomes Gunn 3 mile mark
Right on Hixon to Buell 4.5 mile mark
Left on Buell to Hadden 5.5 mile mark
Right on Hadden to Buell 5.7 mile mark
Left on Buell to Lake George 8.7 mile mark
Right on Lake George to
Clarkston 9.7 mile mark
Left on Clarkston to
Bridge over Paint Creek 12 mile mark
Left over Bridge and
Right on Paint Creek Tr
Northwest on Trail to end
then jiggle onto Broadway
Right on Broadway to Flint 13.5 mile mark
Left on Flint to
CJ's for brunch

Return route;
East on Flint to Miller, 0.5 mile mark.
East on Miller
at Orion intersection,
to Harmon 2.5 mile mark
Right on Harmon to Predmore, 3 mile mark
Left on Predmore to Rush 7 mile mark
Right on Rush to Parks 8 mile mark
Left on Parks to Dequindre 9 mile mark
Right on Dequindre
to Mt. Vernon 10 mile mark
Right on Mt. Vernon
to hole in fence 11.5 mile mark
Return to Boat Launch right turn, 14 mile mark
or Left turn on Main Park Road 15 mile mark

Open Auditions For All Wannabe Actors / Actresses

Rochester Hills, Michigan -- Reality Bicycle Racing is coming to PBS affiliate DPTV Channel 56

The entire 2004 NAS-TRACK Madison Racing League season will be broadcast on PBS affiliate DPTV Channel 56 on Saturday nights at 11 p.m. beginning July 3 and climaxing August 7th with coverage of NAS-TRACKs League Championships.

The action takes place in Rochester Hills, Michigan USA at the Velodrome at Bloomer Park and features Madison-style racing, a competition of eight two-rider teams racing relay style at speeds up to 40 mph.

PBS DPTV will produce and broadcast six 30-minute television shows. PBS DPTV reaches 4.1 million homes throughout Michigan and Ontario, Canada. It will also be uploaded to the PBS satellite for distribution throughout the 180 station PBS network.

We are extremely excited about the possibilities presented by this landmark collaboration, said Dale Hughes, Chairman of NAS-TRACK. Track cycling is Americas sport -- this is a chance for thousands of people to see it in a format - Madison Racing - many have never seen before. Five cameras will be shooting the action, up close and personal. It is reality sports at its best -- the Saturday night at 11 p.m, time slot is great and so is six in a row!

NAS-TRACKs 2004 season is its third and Hughes predicts the addition of television coverage will further propel the entity into the public spotlight. NAS-TRACKs presentation of Madison-style racing assures fast racing and intense competition on the 1/8th of a mile oval that is banked 44 degrees in the turns. It presents the sport as it existed in the early 1920s and 30s when bicycle track racing was as big as baseball in arenas across the country including Madison Square Gardens, the sports namesake and Olympia Stadium in Detroit. NAS-TRACK intends to bring it back into prominence with shows such as those scheduled for this summer and a continuing regional program that attracts not only a cycling-mad fan base but future Olympians.

We have a very unique facility, said Hughes, noting that the Velodrome at Bloomer Park is the only one of its kind in Michigan and in all of North America. The Velodrome has been and will become an even greater tourist destination for visitors from around the world. Cycling is an international sport but Madison racing is an American sporting game.

Specifically, League Race dates & PBS DPTV Broadcast dates are:

Race Date: June 25	Broadcast Date: July 3
Race Date: July 2	Broadcast Date: July 10
Race Date: July 9	Broadcast Date: July 17
Race Date: July 16	Broadcast Date: July 23
Race Date: July 23	Broadcast Date: July 31
Race Date: July 30	Broadcast Date: August 7

(All Friday Nights races 7pm) (All Saturday Nights broadcasts 11pm)

NAS-TRACK is the National Association of Tracks featuring Madison-style Bicycle Racing. It is based in Rochester, Michigan. For further information on NAS-TRACK, please contact Dale Hughes at 248-961-3705 or dale@NAS-TRACK.com.

Visit the NAS-TRACK website at www.NAS-TRACK.com.

New member Sally Palaian and I took advantage of the FREE lesson offered at the Velodrome last Saturday. After learning a few rules we hopped on a couple track bikes provided by the track and started doing laps. It's quite a thrill seeing faster riders pass above you. The first lesson is given on Saturday mornings at 10:00AM and includes the use of a track bike and 4 hours of track time. Bring your shoes and helmet. Call Ed Gostin 586-939-6107 for details and to schedule the free lesson.