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The "RAMBLER"

Clinton River Riders Bicycle

May 2005



We, the cycling community, lost one of our champions last month. Lucinda Means, Executive Director of the League of Michigan Bicyclists for the past 7 years, passed away in her sleep.

Her passion in life was making Michigan a bicycle friendly state. Because of her relentless determination and strong will we had a voice that the Michigan State legislature heard, listened to, and acknowledged. We, as a community of cyclists, became stronger through her efforts to improve transportation policy in this state.

Thank You Dennis Prost for stepping up and taking over as the chair for the BWR Ferry crossings. And thank you to Bruce Carlson for his many years in this position.

Jim Crawford says he's still looking for a Parking chairperson and a Routes chair. Please call Jim if your interested or want more information.. And if you think we have lots of time to prepare for BWR you might be mistaken. We already have one person signed up for the ride. They sent in their check and are waiting for the applications to be sent out. They probable want to be sure to get into the ride before the borders start requiring passports.

The Macomb Orchard Trail is looking for a Structural Engineer to look over the plans for a covered bridge that will go on the trail. Call John Tarantino (586-677-0482) if you can perform this function and want to volunteer your time.

Ever hear of "Podcast"? It's an internet radio show that can be downloaded and listened to at the listeners convenience. The Michigan Cycling Podcast is a hobbyist show recorded weekly March through October and monthly November through February. Each program shares news, features, and event information. This new program is produced by Darryl Wattenberg for the Michigan Cycling Community is completely free! Episodes so far run between 10 and 15 minutes in length. Go to <http://www.michcycling.com>.

Our condolences go out to Pete Sprecher who's wife Vicki lost her battle with cancer. Pete, who for many years has been riding Lance Armstrong's Ride for the Roses which raises money for cancer research is riding this year in memory of his beloved Vicki. You can make donations directly to Pete by going to www.laf.org and clicking on Peloton Project. Next Click on "Sponsor a Member". Enter 200018284 next to "Peloton Member ID#" and hit "Search". Click "View" when Pete's name comes up at the bottom. Hit the "Donate Now" button to make your contribution to this worthy cause.

Also, Jane Benard, is celebrating her 60th birthday this year by riding in the Wish-A-Mile 300 bicycle tour. WAM 300 grants wishes of children with life threatening medical conditions. You can support Jane in this worthwhile cause by sending a check made out to Make-A-Wish Foundation of Michigan. Send your check directly to Jane at 31560 Creek Side Dr, Warren MI 48093

A torch has fallen but the light still shines. It beckons to those passing to pick it up, grasp it and carry it forward with passion and dedication. Many among us are doing this but more are needed.

Gary Haelewyn, Editor

CLINTON RIVER RIDERS 2005 WEEKLY RIDE SCHEDULE

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
<p><u>6:00 PM</u> MSU Training Center Meet Rick Jones at Square Lake and Crooks for the club's fastest ride. Average shown on your cyclometer at end of ride will be 18mph. This will increase throughout the season. Distance will start at 30 miles and progress to 45 miles in August. First one up a hill is the new leader. Ride moves to Tuesday on club meeting nights.</p> <p><u>6:00 PM</u> Fraser Cycle Meet Bill and Diane Baker at 15 Mile and Utica for the slowest club ride of the week. No rider will be dropped on this 1.5 to 2 hour ride. There will be NO ride on club meeting nights.</p> <p><u>7:00 PM</u> June 6 CLUB MEETINGS 1ST Monday of 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><u>5:30 PM</u> Sheffield Shuffle I Meet Ken and Cindy Rosiek Big Beaver Rd and Cunningham Drive SW corner of parking lot for a 15-17 AVG 35-45 mile rolling hills ride. Pace and distance will increase as season progresses.</p> <p><u>6:30 PM</u> Prestige Cycles Join Art Meerhaeghe for a 14-16 MPH ride to Metro Beach area.</p>	<p><u>9:30 AM</u> Rochester Library Meet the ladies (turn east at the road just past Pier One Imports blue awnings) to ride the Paint Creek Trail. Pace is 10-13 MPH. Optional single track loop out in Lake Orion. Lunch and/or shopping at the end of the ride. Call Annette Smith for details. Starts 5/4.</p> <p><u>5:30 PM</u> Prestige Cycles Meet Rick and Sue Moorman, Moravian and Garfield for a 15-17 MPH 30-35 mile ride with a destination to the end of South River road across from Metro Beach. Distance and pace will increase as season progresses</p> <p><u>6:00 PM</u> Schyard Elementary 2900 Holly, Sterling Heights Meet Doug MacDermaid 17 Mile Rd west, right on Pinebrook, right on Holly for a 14-16 MPH or slowest rider pace for a distance of 20-25 miles.</p>	<p><u>5:30 PM</u> Sheffield Shuffle II Join Rick and Sue Moorman for a second installment of the popular Tuesday ride. Same pace, distance, hills, and weather.</p> <p><u>6:00 PM</u> Prestige Cycles Meet the 2 Amigo's, Bill Baker and Bill Duemling for a 2 hour ride to unknown destinations at a 13-15MPH pace.</p>	<p><u>8:00/8:30 AM</u> Morning Breakfast Rides From Romeo area. Join the Smiths and/or Duane Nieman for a breakfast ride at 15-18 MPH for a distance of 40-50 miles.</p> <p>Send an email to bsmith02@comcast.net or call Bill 248-652-2278. An email will be sent out on Wednesdays indicating the start time and location.</p> <p><u>6:00 PM</u> Marter & Jefferson Meet Prez Bill Stimpson for 25-30 mile ride at a 15-17MPH pace to the Grosse Pointes and back.</p> <p>www.criticalmassdetroit.org</p>	<p><u>8:00 AM</u> Stoney Creek Boat Launch Although there is no official ride leader for this 45 mile old time favorite to Armada for breakfast and back there are usually 2 or more groups at different paces.</p> <p><u>9:00 AM</u> Stoney Creek Boat Launch Meet T J Hill for 50 miles of mountain biking with a lunch stop around Lake Orion.</p> <p><u>4:00 PM</u> Stoney Creek Boat Launch Meet Peter Bosma for a fast 18+MPH ride to unknown destinations.</p>	<p><u>9:00 AM</u> Stoney Creek Boat Launch Meet T J Hill for more mountain biking to unknown destinations at the pace of the slowest rider for a distance to be determined.</p> <hr/> <p style="text-align: center;">CHANGES</p> <p>Call Bill Baker 586-739-0261 or email him at CRRrides@wideopenwest.com</p> <p>Newsletter changes: Email Blueyclist@yahoo.com</p> <p>HOTLINE: 586-819-0222 (Press 1 for latest updates)</p>

AVG = Cyclometer Average at end of ride

MPH = Cyclometer Speed while riding

SPECIAL EVENTS

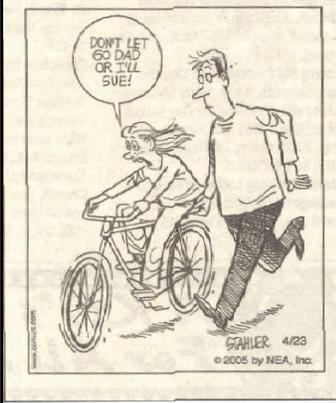
June Birthdays

Bday	First Name	Last Name
06/02	Matthew	McGough
06/05	Aletha	Bartels
06/06	Ed	Gostin
06/07	Gail	Komendera
06/08	Rose	Bianchini
06/10	Ken	Rosiek
06/12	Steve	Mastay
06/15	Bea	Saleski
06/16	Sandy	Overway
06/16	Sue	Graham
06/16	Bill	Smith
06/17	Barbara	Bollin
06/17	Dave	Switney
06/21	Laurie	Brickner
06/21	David	Komendera
06/24	Art	Anderson
06/25	Carol	Meerhaeghe
06/26	Don	Schumaker
06/28	Julie	Windhorst
06/30	Rich	Ostrowski

Welcome New Members

Gail Allgaier
 Barbara Bollin
 Dan and Rose Claus
 John and Gayle Hall
 Larry Larson
 Lisa Perazza

MODERATELY CONFUSED



Pictures Wanted:

Doug MacDermaid would like slide show pictures for the club banquet sent to him throughout the year. This will save him a lot of time preparing for the show.

Good Maps:

Free Oakland County Trail maps are available to the public by calling 248-858-4611. Maps show all the major trails including Clinton River, Polly Ann, Paint Creek, as well as proposed new trails.

June 3-6 Men's Cycling Indiana—Frank Mottershead is planning this years men's trip to Lafayette Indiana home of the famed Lafayette Flat Lands. Call John Tarantino (586-677-0482) who is helping Frank to set this up for more details.

June 26—Ride For Hope Stoney Creek Bay Point Beach
 Check out <http://www.rideforhope.org/> for details.

August 12-14 Marine City "Maritime Days" festival and the Wallaceburg Antique Motor-Boat Outing ("WAMBO")

I am a member of the committee planning the Marine City festival and I also am participating in the St. Clair County Nonmotorized Oversight Committee put together in 2004 by MDOT and others.

I wonder if you could do me the favor of suggesting to your members an international, informal two-festival bike event for that weekend: Bicycle to Marine City and then attend both festivals, cycling between them. The Bridge to Bay Trail comes within 3/4 mile of the festival area in downtown Marine City; Wallaceburg is planned as a link in the Trans Canada Trail, and there are good road and off-road routes on both sides of the St. Clair River.

If anyone is interested in this, or if you'd like us to map a suggested route, etc. drop me an e-mail, and you can give out my e-mail address if you like.

Take care, Scott Anderson
Scott.Anderson@ps.net

Sept. 2 - 5 -- MIDWEST TANDEM RALLY 2005 Grand Rapids, Michigan Presented by the MUTS - Michigan United Tandem Society. Host Hotel: Amway Grand Plaza Hotel, downtown Grand Rapids.

There are enough rooms at the Amway Grand Plaza Hotel for all MTR 2005 attendees!

For complete details on MTR 2005, including on-line registration, a downloadable registration form, and an opportunity to volunteer to help the weekend of the Rally, visit the official event website: <http://www.cmiregistration.com/user/splash.jsp?org=441>

Watch for your LAB ballot.

The 2005 LAB election ballot appears as an insert in the Spring issue of the eague magazine, which you should now have. Since we live in Region 4, we do not have a regional seat up for election this time. (We will in 2006.) However, we can vote for the national (at large) seat. We must also be vigilant, paying attention to the governance of LAB to protect our rights. Presently, members can vote for only 7 of 12 board members. The other 5 are appointed. This must be fixed.

Please check out the analysis and commentary on the candidates that you can find at www.labreform.org. Fred Oswald, League Cycling Instructor #947, <f.oswald "at" earthlink.net>

The Lucinda Means Bicycle Advocacy Fund was established today to further the mission to which Lucinda so passionately dedicated her life. Lucinda's friends who wish to honor her life and vision are encouraged to contribute in her memory.

Establishing an endowment fund, with proceeds used to support the League of Michigan Bicyclists' mission -- making Michigan a bike-friendly state, was a key part of Lucinda's vision for the League. At the discretion of the LMB Board, the Fund may also support other organizations that benefit bicyclists, pedestrians and communities.

By establishing Lucinda's Fund under the aegis of the Capital Region Community Foundation, the LMB also enables donors to get up to a 50% credit on their Michigan state tax returns, as well as a federal tax deduction. Because contributions go to the Fund's principal, no more than five percent of which can be spent annually, investment earnings will continue to grow the Fund's principal in perpetuity.

To make a donation, please send your check to:
The Capital Region Community Foundation
6035 Executive Drive, Suite 104 Lansing, MI 48911.

Be sure to write Lucinda Means Bicyclists Endowment on the memo line of your check. If you have any questions about the Fund, please contact the LMB office.

April 14, 2005
EDITORIAL (from NY Times)
Brain-Dead From Sports Drinks

For years now, we've been hearing about the importance of hydration to avoid heat stroke during prolonged exercise in hot weather. Now, it turns out, too much hydration can kill you. A study published today in The New England Journal of Medicine should give weekend warriors reason to rethink the wisdom of quaffing vast amounts of water or sports drinks while exercising vigorously - at least if they are engaging in such endurance tests as a marathon. The study found that a marathon runner could dangerously dilute the blood with an overdose of liquids, risking a coma and even death. The problem has also been detected during long military maneuvers, extended bike rides and blistering hikes through the desert.

An article by Gina Kolata in The Times today describes the slow and belated recognition of the problem. A South African expert who has been warning of the dangers for more than two decades told Ms. Kolata that he had not found a single case when an athlete had died from dehydration in a competitive race, but that some people had sickened and died from drinking too much. Typically, an overdose of water dilutes their blood and reduces the concentration of sodium. Water enters the cells, causing them to swell, and engorged brain cells press into the skull; such pressure can lead to confusion, seizures and a loss of vital functions.

All too often, friends, coaches or emergency personnel assume that the problem is dehydration and administer yet more liquid, making the problem worse. The best treatment is a small volume of a concentrated salt solution, given intravenously, to increase blood sodium concentrations. Sports drinks containing electrolytes may not help much as they are mostly liquid themselves.

In the 2002 Boston Marathon, for example, a 28-year-old woman found herself exhausted after running for five hours and gulping sports drinks along the way. Wrongly assuming that she was dehydrated, she chugged down 16 more ounces of a sports drink. She promptly collapsed and was later declared brain-dead. The concentration of salt in her blood was found to be lethally low.

In the study published today, researchers at various Harvard-affiliated institutions tested 488 of the nearly 15,000 runners who completed the 2002 Boston Marathon. They found that 13 percent had blood with abnormally low sodium levels, and that three runners were in danger of dying. It was not the elite runners who were at risk - it was those who had taken four hours or more to finish the race, allowing plenty of time to imbibe excess fluid. Sports authorities have already issued warnings and tips to avoid excessive drinking, and rescue workers in the Grand Canyon now carry devices to test collapsed hikers for low blood sodium. But the solution is for overly eager endurance runners and hikers to forget the old mantra that they should drink-drink-drink. Too much liquid can be lethal.



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Club Cookbooks are still available for \$10. To order, call Julie Windhorst (586-939-6073)

Newsletter Business Advertising Monthly Rates

\$10 Business Card size, \$35 1/4 page size, \$50 1/2 page size, \$100 Full page size

Club members only may send advertisements to bluecyclist@yahoo.com, and a check, payable to Clinton River Riders mailed to Gary Haelewyn 41706 Merrimac Cir, Clinton Twp MI 48038. Up to 6 months can be prepaid.

Bike Polo a Popular Alternative Sport

By SARAH BRUMFIELD, Associated Press Writer Sun May 15, 12:16 PM ET

For those tired of zoning out on a stationary bike for exercise, a twist on one of the world's oldest sports might be the answer.

Fans say bicycle polo is a great workout, and is less hazardous than many other weekend sports.

"There's a perception that it's dangerous, but the reality is that it's a very safe sport," said Aaron Meisner, a stockbroker from Baltimore who founded the Mount Washington Bicycle Polo Association with his brother, Dan. "It's an amazing workout without drudgery."

Three years ago, the brothers invited friends to play along with them as a one-time experiment. They had a great time and have tried to keep it going ever since.

Now a core group of six people meets Sunday afternoons at a suburban park in Pikesville, not far from Meisner's Mount Washington home.

Bike polo in the United States is still a very small pastime, with no one really keeping track of how many people play it. One official estimated at least 500 players, but many horse polo players do some training on bicycles, too.

Sometimes, Meisner's group draws up to 12 players — and curious looks from passers-by.

With a call of "Tallyho!" one of those core players, Baltimore architect Doug McCoach, rides onto the field and draws his mallet back to hit the ball. He's aiming to get the grapefruit-sized ball between two goal posts on the opposite end of the field.

The players ride bikes with special U-shaped handlebars and must have just one brake for the rear tire on the left side to keep the right side free for mallet swinging. Like horse polo, a match is divided into four 7 1/2-minute "chukkers," or quarters, with breaks in between.

Officially, the game is played four against four, with substitutes, but the Meisners' team will play with fewer depending on how many show up.

"We play by the rules, but we do not take it to extremes," Aaron Meisner said. "For us, it's about having fun. Nobody's even really keeping score most of the time."

Most rules deal with right of way to keep players from crashing into each other.

"You are swinging around a wooden mallet," he said. "There's some danger involved, but it's relatively minor compared to a lot of other activities."

On a field, there's little chance of getting road rash from nasty falls or of being hit by a truck, Meisner said.

In the last three years, the Mount Washington group has traveled to Charlottesville, Va., and Philadelphia to play. The group plans to get together with a couple of other groups soon at a horse polo field in Potomac, Md.

Bill Matheson, vice president of the Bicycle Polo Association of America, plays every day and is a member of a group of about two dozen people in South Carolina who meet regularly to play.

"I just like it because it's fun, and I'm good at it," he said.

Matheson, who lives in Aiken, S.C., started playing at 15 — almost 35 years ago in New York. He's competed across the country and even in India, where the Cycle Polo Federation of India claims there are about 10,000 players.

Polo is said to be one of the oldest sports in the world. The first recorded game in 600 B.C. was between the Turkomans and Persians and may have started with soldiers batting the skulls of their slain opponents around the battlefield, Matheson said.

The British picked up the sport in the 1850s in India, and the game made its way to the British Isles — where the first clubs were formed in the 1870s. Around the same time, the bicycle was evolving. Since a bicycle was more affordable than a set of horses needed for a traditional polo match, the common man's version evolved on two wheels.

The rules and style of the game vary around the world. There is even a related game played in Germany and Eastern Europe in which players strike the ball with their front wheels, Matheson said.



Gary Haelewyn
 41706 Merrimac
 Clinton Twp MI 48038

Application Form - Clinton River Riders Bicycle Club

\$12.50 Individual (over 18)

\$15.00 Family

Name _____

Address _____

City _____

State _____ Zip _____

Home Phone (____) _____

email _____

Birth day _____

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
36558 Moravian
Clinton Twp., MI 48035

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. HERBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Club, 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 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