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## *The RAMBLER*



### **Clinton River Riders Bicycle Club**

**Access online at [WWW.lmb.org/crr](http://WWW.lmb.org/crr)**

The **2011 Men's Trip** is **June 3-6**. It will be in Columbus, OH area. Al Barton plans the routes which usually cover about 250 miles over the 4 days. Please contact John Tarantino if you plan to attend. So far there are 8 participants.

A special thanks to John and Marilyn Tarantino for their leadership and hospitality on the Mother's Day Ride. As an annual favorite their ride and brunch are much anticipated by many.

**New members** and interested people should send an email to [crr-list@lmb.org](mailto:crr-list@lmb.org) to be placed on our email distribution cared for by Bill Duemling. No advertising or solicitation is forwarded, just items of interest to cyclists.

Rumor has it that the crying towel has been found after being MIA for a few years. Make sure you support cycling positively with your words and actions, else it finds you.

USA cyclists Chris Horner and Levi Leipheimer placed 1- 2 in the Amgen Tour of California. The first 2 days of the 8 stage tour were marred by weather considerations. It could be an omen for what is to come in Tour De France in July.

**Our next club meeting** is June 13th, 2011. Club meetings are always the 2<sup>nd</sup> Monday of the month at 7pm in the Mt Clemens Public Library (downstairs).

## Birthdays

06/04 Chrisr Morgan  
06/05 Dan Claus  
06/05 Aletha Bartels  
06/06 Ed Gostin  
06/07 Gail Komendera  
06/11 Leslie Dunham  
06/16 Sue Graham  
06/16 Sandy Overway  
06/16 Bill Smith  
06/17 Dave Switney  
06/21 David Komendera  
06/21 Laurie Brickner  
06/24 Art Anderson  
06/28 Kenneth Caldwell  
06/28 Julie Windhorst

**Club members** are entitled to purchase one club jersey per year at a reduced cost (\$34). Contact Debbie Angst at 586-524-3657 or [digitaldeb@comcast.net](mailto:digitaldeb@comcast.net)

**Visitors and New Members:** Dave Bombard, Keith Harrell, Vicki Sam, Dick Klein, and Georgia & Dean Ackerman thank you for visiting our previous meeting. We welcome your interest in cycling and hope to enjoy many miles riding together. We welcome your association with Clinton River Riders.

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**Jerry Pavlat** would like members to donate returnable containers to support **Team Sammy**.

**Clinton River Riders** still needs an individual to assume responsibilities as **treasurer**. Support and experience are available from Marilyn and Annette. Of course attention to detail and responsibility are a must. Does this sound like you? It could be. Become more important.

**Next fall** when the 9 am Shultz FH ride starts up someone from CRR will need to lead the ride. Les will be off the bike for a few months and a CRR ride needs a CRR ride leader. Think about it.

Best wishes and good luck to those traveling to ride the Horsey 100 this Memorial Day weekend. Many of our regular tandem riders are headed there to enjoy the beautiful Kentucky country side.

You can put wings on a pig, but you don't make it an eagle.

With close to 1.4 billion bikes and only about 500 million automobiles in the world, the bicycle is the most popular vehicle on the planet. In China alone there are more than 500 million bikes in use every day. In America, bicycles have often been perceived as leisurely vehicles, something to ride on the weekends when the weather is nice, or to burn a few extra calories after a week of eating out. To go for a bike ride meant you were participating in a recreational activity or a cycling competition, rather than traveling between locations for any necessary purpose.

**Congressional Delegation - Michigan****Senate Members**

[Carl Levin \(D-MI\)](#)  
[Debbie Stabenow \(D-MI\)](#)

**House Members**

[Dan Benishek \(R-MI-1\)](#)  
[Bill Huizenga \(R-MI-2\)](#)  
[Justin Amash \(R-MI-3\)](#)  
[Dave Camp \(R-MI-4\)](#)  
[Dale Kildee \(D-MI-5\)](#)  
[Fred Upton \(R-MI-6\)](#)  
[Tim Walberg \(R-MI-7\)](#)  
[Mike Rogers \(R-MI-8\)](#)  
[Gary Peters \(D-MI-9\)](#)  
[Candice Miller \(R-MI-10\)](#)  
[Thaddeus McCotter \(R-MI-11\)](#)  
[Sander Levin \(D-MI-12\)](#)  
[Hansen Clarke \(D-MI-13\)](#)  
[John Conyers \(D-MI-14\)](#)  
[John Dingell \(D-MI-15\)](#)

Your government representatives, working for you. Let them know what you want and what your priorities are.

**Tips for Riding Wet Roads**

Even if you avoid starting rides in the rain, you'll eventually get dumped on. Or you'll wake up on the morning of an important event to find dark skies and glossy pavement. This immediately raises concerns about tires and traction. Be extra cautious when rain starts, especially if it hasn't rained in a few days. Some things that are dangerously slippery when wet include painted lines and other markings, tar patches and anything metal. Avoid them on rainy days.

- **Check inflation pressure.** Consider a drop of about 15% from your dry-road pressure. This increases the contact patch and traction. Proper pressure is related to rider weight.
- **Avoid using brand-new tires.** New tires may have flashing (thin strips of rubber left from the molding process) that could interfere with traction.
- **Stay balanced.** As long as your wheels are rolling and your weight is normally distributed on the bike, you'll be fine. But if you were to stand and accelerate hard or make an abrupt change of course in a turn, a wet tire could slip out from under you.



**Brake early and easily.** When rims and brake pads are wet, braking will have minimal effect until there have been enough wheel revolutions to sufficiently dry their interface. So if you squeeze the levers harder and harder because you're not slowing fast enough, the brakes could suddenly grab and cause a dangerous skid.

In late June until mid July the newsletter person will be out of state. If someone wants to take notes at the July meeting and maybe even excel by punching out the newsletter that would be fantastic. It is not extremely complicated and I can provide files to use as a template. Microsoft Word is the software program I use primarily.

A list of some of SE Michigan's Cycling Clubs –

Clinton River Riders  
Mt Clemens,  
[bill@lmb.org](mailto:bill@lmb.org) lmb.org/crr

Ann Arbor Bicycle Touring Society  
Ann Arbor, Doug Tidd  
[president@aabts.com](mailto:president@aabts.com) aabts.org

Cycling Saddlemen  
Dearborn  
[Saddlemen@yahoo.com](mailto:Saddlemen@yahoo.com) saddlemen.org

Downriver Cycling Club  
SE Michigan  
[aljr@petribikes.com](mailto:aljr@petribikes.com) lmb.org/dcc

Flying Rhinos Cycling Club  
Clarkston  
[president@flyingrhinow.com](mailto:president@flyingrhinow.com) flyingrhinos.com

Slow Spokes of Macomb County  
Sterling Heights  
[jpwilhelm@hotmail.com](mailto:jpwilhelm@hotmail.com) slowspokes.org

Wolverine Sports Club  
Detroit  
[infor@wolverinesportsclub.com](mailto:infor@wolverinesportsclub.com)  
wolverinesportsclub.com

Some of our favorite local bike shops -

<b>FRASER BICYCLE</b> 34501 UTICA RD. FRASER, MI 48026 (586) 294-4070	<b>ANCHOR BAY BICYCLE</b> 35214 23 MILE RD. NEW BALTIMORE, MI 48047 (586) 725-2878
<b>MACOMB SCHWINN</b> 28411 SCHOENHERR WARREN, MI 48093 (586) 756-5400	<b>ALLIED CYCLE SHOP, INC.</b> 23101 GRATIOT AVE EASTPOINTE, MI 48021 (586) 772-3411
<b>AMERICAN CYCLE AND FITNESS</b> 2169 METRO PARK WAY STERLING HEIGHTS, MI 48310 (248) 886-1968	<b>MAIN ST. BICYCLES</b> 5987 26 Mile Rd Washington, MI 48316 (586) 677-7755
<b>REI - TROY</b> 766 EAST BIG BEAVER RD. TROY, MI 48083 248-689-4402	<b>ROCHESTER BIKE SHOP</b> 116 W. SECOND STREET ROCHESTER, MI 48307 (248) 652-6376
<b>CONTINENTAL BIKE SHOP</b> 24436 JOHN R ROAD HAZEL PARK, MI 48030 (248) 545-1225	<b>BIKES,BLADES AND BOARDS</b> 17020 MACK AVE GROSSE POINTE, MI 48230 (313) 885-1300
<b>ROCHESTER BIKE SHOP</b> 426 S MAIN St ROCHESTER, MI 48307 (248) 652-6376	<b>AMERICAN CYCLE</b> 203 NORTH PERRY PONTIAC, MI 48342 (248) 333-7843
<b>Pails Bike Depot</b> 28057 GRATIOT Roseville, MI 586-772-9084	<b>American Cycle &amp; Fitness</b> 18517 HALL Rd Macomb Twp, MI 586-416-1000

**Pedal Across Lower Michigan (PALM)**

June 18-24

Registration is ½ full. Cost is \$110, meals are extra cost

On **Aug. 28<sup>th</sup>** there will be a Birmingham Bike Festival. Starting at 8am until 5pm a community awareness effort will take place. Education, environmental benefit, safety, racing, and fun for all ages as well as vendors in Shain Park to help riders of all ages. You can find out more from Jeff Surnow at [jeff@surnow.com](mailto:jeff@surnow.com) or phone 248 865 3000 as well as [birminghambikefestival.com](http://birminghambikefestival.com) .

**Clinton River Riders - Ride Schedule**

**Tuesday 5:30 pm** Meet in the southwest corner of the Sheffield office complex parking lot in Troy. Sheffield is located north side of Big Beaver. Ride distance will be 30-50 miles at 16-18mph. Terrain will be moderately hilly, and the course may vary week to week.

**6:00 pm** Meet the Bakers at Independence Bank (22 ½ & Van Dyke) for 2 hour of cycling at 12-14 mph.

**Wednesday** Meet Deb & Steve Angst at Naldrett Elementary located on Sugarbush, just north of Cotton (Cotton is about a 1/2 mile north of 21 mile). Tour the New Baltimore area. Distance 25-30 miles at a pace of 16-18 MPH. For inclusion on our distribution list send your request to [digitaldeb@comcast.net](mailto:digitaldeb@comcast.net)

**Thursday 9 am** Rick & Sue ride starting location will vary from week to week. This is a no drop ride at a moderate 15-17 MPH pace We will continue to provide notification of starting time and location, cancellations and updates via an email list. If you wish to be included on that list, please send your email address to [pkmoorman@wideopenwest.com](mailto:pkmoorman@wideopenwest.com).

**5:30 pm** MSU Management Center, Square Lake and Crooks. This year will start slower. Meet Rick Jonesand or Bill Windhorst for a fast ride 17-19+ for a distance of 30 miles.

**Saturday**

**8 am** Stony Creek Boat Launch, meet the Windhorst's or J Tarantino for a ride to Armada for breakfast. 16 - 18 mph and 44 miles round trip. Usually there is a faster group as well, 17-20+.

For 4 weeks (May 28, June 4, 11,& 18) There will be a Stony to Armada "c" group ride that will leave from 25 & Shelby (SW corner) at 8:30 for 36 miles at 15-19mph. Up the path to 29 & Van Dyke then the road route to Armada.

**9 am** Stony Creek Boat Launch. Meet TJ Hill for mountain bike riding. Call TJ at 586-293-0162 for more details.

**Sunday**

**9 am** Stony Creek Boat Launch. Meet TJ Hill for mountain bike riding. Call TJ at 586-293-0162 for more details.

Dick Williams Ride Director [rsw@sundvik.com](mailto:rsw@sundvik.com) or phone 989-326-1630

Newsletter Changes to Les Dunham, [lesdunham@hotmail.com](mailto:lesdunham@hotmail.com) or 586-216-4135

**MEMBERSHIP  
APPLICATION FORM**

**Clinton River Riders Bicycle Club**  
 Make check payable to:  
**Clinton River Riders Bicycle Club**  
**Mail to: 34501 Utica Road**  
**Fraser, MI 48026**

\$12.50 Individual (over 18)  
 \$15.00 Family

New Member       Renewal

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Home Phone: ( ) \_\_\_\_\_

Email: \_\_\_\_\_

Yes, please add me to your list of active volunteers who help promote bicycling at the local, state, and federal level. I understand I may be called upon on occasion to write a letter or attend a meeting supporting bicycles as a legitimate mode of transportation.

Family Names                      Birthdate

\_\_\_\_\_                            \_\_\_\_\_  
 \_\_\_\_\_                            \_\_\_\_\_  
 \_\_\_\_\_                            \_\_\_\_\_

**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 UNDERSTANDING 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 FULL ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a risk of my participation in the Activity.

3. HEREBY 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 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 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)