



May 1996

Blue Water Ramble

Pam Dyer and Vicki Malloch have volunteered as BWR committee chairs. Committee heads include:

Registration: Bill Duemling,

Publicity: Debbie Angst

Rest Stops: EA Nieman

Routes & Sag: Eric Noyes & John Tarrantino

Day of Ride: Gary Haelewyn & Ed Rogers.

They need volunteers to make the BWR a success. Please call them or sign up at meetings. Volunteers receive T-shirts. October 6, 1996 isn't as far away as it seems. We need to start publicity and planning on BWR to make it a success.

Editors Note: Please submit articles by Thursday after the meeting. Mail it to: Ted Gondert, 356 Third St., Romeo, MI 48065 or call, fax or modem me at (810) 752-7043. If you want to FAX or modem something to me, call voice first so I can turn it on. Or E-mail to: "ac557@detroit.freenet.org" IBM/DOS 3.5 " disk with ASCII, WP5.1 or MS Word for Windows 2.0 is good.

For Sale

Centurion 'LeMans' road bike. 58 cm (23 in) frame. Magenta/White. Tange no 2 tubing. Shimano 105 brakes, BB, HS, cranks, derailleurs. Exage Sport hubs, brake levers, shift levers. Well maintained, in very good condition. Asking \$175. (810)786-5911 Kirk Carolan.

Foreign exchange student

The area coordinator for NACEL Cultural Exchanges is looking for a family to host a student for the entire 1996-1997 school year. Any school district will do.

The student is fluent in English, and is from France. He's 17 years old, and active in mountain and road bicycling. He participated in the French National Championships, and placed 38th overall in his category.

If you are interested, or know someone that is, contact:

Ann Marie Ott, 810-781-9005

Injured List

Gary Green got a dislocated elbow with small fractures on the Metro Grand Spring tour. He is in therapy and hopefully will be able to work and ride in a few more weeks.

Several Clinton River riders were riding a paceline but slowed down to chat as we passed another group. That caused some riders to brake and Gary just got caught in the chain reaction. Then his front wheel got overlapped.. We all need to remember to be careful when riding a paceline, avoid sudden speed changes, don't change position or move sideways without looking, don't overlap wheels.

Next Meeting

Monday, June 3 1996

7:00 p.m. at Mt. Clemens

Recreation Center

300 Groesbeck (at Lafayette)

President

Steve Angst (810) 573-8089

Ride Director

Rick Jones 879-2490

Secretary

Julie Windhorst 939-6073

Treasurer

Greg Schultz 775-2208

Editor

Ted Gondert 752-7043

LMB Representative

Warren Berthelsen 781-6706

Hot Line

792-4670

Ramble

Ride Schedule

Reoccurring Rides

Call the Hotline (810) 792-4670 for updates

The weekday rides are starting now. Something for everyday.

Monday 6:30 p.m.: meet Pam & Rich Dyer at the Michigan National bank parking lot in Algonac near the Harson's Island Ferry for 25 mile ride @ 17-18 mph on Harson's Island. Bikes are free on ferry.

Tuesday 6:00 p.m.: meet Jerry or Sue Pavlat at MSU management training center on Square Lake and Crooks for fast 18+ mph average ride in the hills of Oakland county. 20 to 25 miles to start, distance and speed will increase with the season. Bring lights in case of delays.

Tuesday 6:00 p.m.: meet John Tarrantino or Steve Morauski at Prestige Cycle on Moravian in Clinton Twp for 25 mile @ 14-16 mph ride to Metro Beach on the road.

Tuesday 6:00 p.m.: meet John Payne at Pavlat Cycle & Fitness 1109 S. Washington in Royal Oak for 24 mile @ 12-14 mph ride to Birmingham .

Wednesday 6:00 p.m.: meet George Zloitro at Pavlats Cycle in Royal Oak for 25 mile ride @ 14-16 mph to Cranbrook.

Wednesday 6:00 p.m.: meet Glen & Marilyn Drellishak in Troy at Longlake and Livernois for 20 mile ride, two paces 10-12 mph or 12-14 mph.

Thursday 6:00 p.m.: meet Rich Dyer or Steve Angst at New Baltimore water tower for the fast 35 mile ride @ 20+ mph. Short stop at 20 miles.

Thursday 5:15 p.m. : meet Marilyn Tarrantino at Stoney Creek boat launch for ladies ride. Laps around Stoney, come out later and join as group goes by. You won't be dropped or more than 3 miles back to start.

Thursday 6:15 p.m.: meet Bill Duemling and/or Warren Berthelsen for the Thursday night Wramble. 18-25 miles, easy pace 14-16 mph, good for conversation. No set route or destination, but will depart from parking lot of Par-Kut at 40961 Production Drive, near I-94 and North River Road. Call 468-2947 for directions.

Friday 6:00 p.m.: meet John Tarrantino at Marter & Jefferson for 25 miles @ 14-16 mph ride into Grosse Pointe.

Saturday 8:00 a.m.: meet Doug at Stoney Creek boat launch for 45 mile @ 16-18 mph ride to Armada for breakfast. Some people ride at other paces too.

Saturday 9:30 a.m. : meet George Zloitro or Greg Shultz at Schultz Funeral Home (8½ & Gratiot) for 30-35 miles @14-16 mph to Grosse Pointe, breakfast after ride.

Sunday 9:00 a.m.: meet John Payne at parking lot across from grade school on Pierce (between Greenfield and Southfield). north of west 14 mile road. in Bloomfield hills for 30 to 40 mile ride @12-14 mph, various routes.

Full Moon Ride/Clinic for women

Saturdays 8:00 a.m. at the Prestige Cycles bicycle shop on Moravian in Clinton Township, twice per month near full moon, rain or shine. Meet Patti Brehler for ride and clinic for women riders.

June 1 topic- Child Options,

June 15 topic- Rain and Sun Wear.

June 29 topic - Bike Comfort

Topics are open to change, make suggestions to Patti Brehler.

Prestige Cycles is also site of the Michigan chapter of the WOMen's Mountain Bike and Tea Society (WOMBATS) Call 810 792-4040 for more information.

Scheduled Rides for May

Call the Hotline (810) 792-4670 for updates or call Rick Jones (810) 879-2490 to schedule a ride.

Sunday, May 19 8:00 a.m.: meet Dave & Sharon at Stoney Creek boat launch for 55 mile ride at 16-18 mph with breakfast stop at Green Street Cafe in New Baltimore.

Tuesday, May 28 8:30 a.m.: meet Dave Courtier in the parking lot across from the Waipole Island ferry in Algonac for 45-55 mile ride in Canada. First ferry crossing is 8:30

Sunday, May 26 8:30 a.m.: meet Duane Nieman or Ted Gondert at Romeo high school for 45 mile ride @ 15-17 mph to Dryden VFW for pancake breakfast.

Tour DeStoney

The Stoney Creek one lap endurance rides with timer are scheduled for **Wednesday evenings 7:00 p.m.**

June 5, July 31, Sept 11. Club members are welcome to come out to see how their riding speed progresses through the season. Need more riders, last year no lady's singles rode, just tandems and men's singles. Call Hank Thoenes for more information.

Upcoming Rides

Sunday June 2nd 8:00 a.m.: meet Dave & Sharon at Stoney Creek boat launch for 55 mile ride @ 16-18 mph ride to Richmond for breakfast.

Sunday June 30th 8:00 a.m.: meet Dave & Sharon at Stoney Creek boat launch for 55 mile @ 16-18 mph ride to New Baltimore for breakfast.

MS 150

The MS-150 bike tour-pledge ride for the Multiple Sclerosis Society will be on July 13-14. Applications are out, for more information contact the MS Society 2611 Evergreen, Suite 100, Southfield MI. 48076-4481 phone 800 350-0020. The Clinton River Riders have been volunteer ride leaders for the last 10 years. If you want to volunteer, contact Steve Morauski (810) 773-2213

NATCHEZ TRACE BIKE TOUR

I am planning a self-contained tour along the Natchez Trace Parkway. We will carry everything we need. Accommodations will include camping, motels and Bed & Breakfasts.

It looks like the best time to do this will be during the last 2 weeks of September. Hopefully, by that time the temperature will begin to moderate a bit and we will still have sufficient daylight.

As of now I am planning to drive to Franklin, TN on Saturday, September 14th. Franklin is just south of Nashville and is at the northern end of the Trace. After spending a night in a motel we will begin our bike tour south. We will be able to arrange to park our cars in Franklin until our return.

I estimate it will take us 8-9 days of riding to reach Natchez, where we may wish to spend a day before heading home. The estimated total distance is 450-500 miles. At the beginning of the trip in Tennessee there are some hills. The remainder of the trip is gentle rolling road. The longest day will be about 70 miles. Most days will be 60 miles or less.

For the return trip, I plan to either rent a car, or take a bus, for the return trip to Franklin (Nashville). I will make arrangements with a bike shop in Natchez, MS to pack and ship our bikes home. An option is to rent a larger vehicle (U-Hall truck) and bring our bikes home with us. I anticipate being back home September 25th or 26th.

If you are interested in joining me, you can contact me at (810)-463-6058 or email: bobgeomts@aol.com.

Bob George

LMB Ride Calendars

The League of Michigan Bicyclists ride calendars are out now. LMB members have received them and they were at Bike Feast. CRR members can get one for free at meetings, etc.

Other Rides and Events

Horsely Hundred Weekend May 27: on Monday ride the Maumee river in Bowling Green, Ohio. 40-50 flat miles @ 16-18 mph. Call Sharon Wiseman-Switney for hotel information for Sunday night.

Glen Lake Ride-about June 21-23

Various routes- will leave from Glen Arbor each day. Contact Dave or Gail Komendara for further information. (810) 879-6474

Mio Adventures 1996

June 8 and 9, Mio to Gaylord

An overnight trip about sixty miles each way. Stopping at Garland's for brunch on Saturday morning. Then on to Gaylord to the Holiday Inn. Rooms are about \$80 (eighty dollars) each, all rooms are pool side at this time. Dinner will be at Big Buck's, a new micro brewery and steak house in Gaylord. Sunday will be back to Mio.

June ?, 4-H ride for kids

A two day ride put on for the 4-H club in Mio. This ride is an overnight ride for kids. They will be instructed on safe riding and minor repair.

July 27-28, Mio to Alpena then back to Mio

At this time we are still working for reservations.

September 28-29, Second annual M-M ride the TOSRV of the North. A 210 to 230 mile ride from Mio to Mackinaw and then back in two days. We will have an overnight stop in Mackinaw. Last year we had tail-winds on both days!

October 12-13, Mio Fall Color Tour

Two days of riding and maybe a canoe trip.

If interested in any of these rides call Doug MacDermald at 810-939-4670 or Glen Pelton 517-TANDEM5 (826-3367)

Helmets are required! Rustic camping is available in Mio. Hotels fill up fast so call early.

DALMAC: the Dick Allen Lansing to Mackinaw bike tour is **August 28th to September 1st.** Applications are out so register soon.

Tri County Bicycle Club. DALMAC, PO BOX 219, Haslett, MI 48840-0219 phone (517) 339-1758

Shoreline Bicycle Tours

The League of Michigan Bicyclists 10th annual SBT features several routes to choose from.

East Route is August 3 through Aug. 10, 378 miles starting in Oscoda with overnight camping stops Alpena, Rogers City, Mackinaw City, Gaylord, Mio and Oscoda
West Route-404 miles, Aug. 3-10

Start in Holland with optional Saturday ride from St. Joe to Holland. Ride along the Lake Michigan shoreline to Mackinaw City.

North Route August 10th through 17- 362 miles. Start in the UP at St. Ignace with stops at DeTour, Sault St. Marie, Paradise, Curtis Engadine, St. Ignace. See Tahquamenon Fall, Iroquis Point Lighthouse, etc.

Applications are out. Call Shoreline Registration (616) 744-BIKE (2453) for more information.

One Helluva Ride

Saturday, July 13 in Chelsea Michigan

Routes from 15 to 100 miles. AABTS-OHR, PO BOX 1585, Ann Arbor, MI 48106

League of America Bicyclists

GEAR and Rally

GEAR is in Millersville, Pennsylvania, June 7-10. Ride in the Pennsylvania Dutch and Amish country of Lancaster County. Attend the Effective Cyclists class and many seminars about bicycling. Stay in the College Dorms.

RALLY is in Dayton, Ohio, July 3-7. Many rides in Ohio and visit the Wright Patterson Airforce museum. Take the Effective Cycling course and attend the many seminars about bicycling.

RAT, Ride Around Torch Lake, Sunday, July 21: In Elk Rapids. The Clinton River Riders usually stay up in Traverse City for the weekend at Warren & Barb Berthelsen's cottage on Old Mission peninsula. Call Berthelsens for more information (810)781-6706

Michigander V: July 20-26: Ride starts in South Haven and finishes at Metro Beach. The Michigander is a mountain bike ride to showcase the Rail-Trails in Michigan and provide riders with a scenic tour of Michigan towns and country. Linda Gorecki is the site coordinator for the last day. Riders will start in Clarkston and ride to Metro Beach. She needs volunteers to help with a rest stop. Sponsored by the Rails to Trails Conservancy. Contact Linda Gorecki at her office (810) 651-9260 if you would like to help.

Club Jackets

The new club jackets are in stock. Contact Rick Jones for more information (810) 879-2490

Happy Birthday

Art Anderson 6/24, Jaclyn Angst 6/30, Gayle Barry 6/4, Aletha Bartels 6/5, Michael Best 6/5, Laurie Brickner 6/21, Colleen Butts 6/11, Harry Campion 6/25, Kirk Carolan 6/27, Chris Davis 6/13, Rich Dyer (Jr.) 6/30, Sandy Freeman 6/16, Sue Graham 6/16, Heidi Heck 6/10, Lorie Kamm 6/23, David Komendera 6/21, Gail Komendera 6/7, Frank LoPiccolo 6/20,

Chris Maliszewski 6/2, Carol Meerhaeghe 6/25, Rich Ostrowski 6/29, Nancy Podkowa 6/5, Ken Rosiek 6/10, Breanna Schultz 6/8, Trevor Smith 6/19, David Switney 6/17, Julie Windhorst 6/28

Bike to Work Week

May 20 to 25 is Bike to Work Week with Tuesday May 21 Bike to Work day. You can consider commuting on your bicycle to work or shopping. It's a good way to get in training and can save money and help the environment. See the article in this newsletter from League of American Bicyclists.

Club ID Cards

Identification cards for club members are available from Greg Shultz at club meetings. Back of card has room for emergency information such as phone #, allergies, etc.

Bike shops with discounts for CRR members with ID cards.

Prestige Cycles 36558 Moravian Dr., Clinton Twp.	(810) 792-4040
Two Wheel Authority 1109 S. Washington, Royal Oak	542-7182
Pointe Cycle & Fitness 20343 Mack, Grosse Pointe Woods	(313) 886-1968
Mountains of Bikes 42201 Garfield, Clinton Twp.	(810) 412-0500
Antoon's Bicycles 42918 Schoenherr, Sterling Hgts	247-9240
Sterling Schwinn 2169 Metro Pkwy, Sterling Hgts 878 S. Rochester Rd, Rochester	979-7570 652-1555
Big Ralph's Schwinn Cycling 23521 Nine Mack, St. Clair Shores	772-3258
Macomb Schwinn 28441 Schoenherr, Warren	756-5400

TOSRV96

For 35 years on Mother's Day weekend bicyclists have gathered in Columbus OH for TOSRV, the Tour Of the Scioto River Valley.

Friday May 10, 2:00 p.m.: Arrived at Steve and Debbie Angst's home for the drive down to Columbus, OH for the start of TOSRV. The rain was giving them doubts about going but they decided that it might be better in Ohio.

Arriving in Columbus, Steve and Debbie found their hotel and I went to the YMCA around the corner. Sleeping bag space is only \$5 for TOSRV weekend. Got our packets at registration and saw the vendors at Huntington bank. Steve and Debbie went back to their hotel room. I walked around to see the town and find some dinner.

Columbus "rolls up the sidewalks" at 9:00 p.m. in the downtown area. The restaurants were closed but I found the "City Center" downtown mall open with a restaurant. The YMCA gym floor is as hard as ever and some lights were left on all night. But it's dry and warm inside except for one corner with a drip from a leak. The Columbus YMCA is a turn of the century building that is being renovated.

Saturday 5:30 a.m.: People are moving about in the gym and the lights come on. Reluctantly drag myself out of the sleeping bag and start to pack up. Steve and Debbie were planning to start about 7:30 so I waited around before knocking on their door. The Marriott inn had a special buffet for TOSRV with fruit, cereal, milk and coffee and the cook would make eggs and waffle for you. Steve and Debbie had complimentary tickets as hotel guests but it only cost me \$5.90.

Debbie was reluctant to start riding in the rain and cool weather. But we thought maybe it would clear up. Finally got all the bags on the baggage truck and met two men they know on a tandem at State and High street for the start of TOSRV. Rolled out about 8:00 a.m. in light rain.

With the two tandems leading I just tried to follow. Picked up some other riders along the way that jumped on their paceline. My old rain jacket isn't very good but it's better than nothing. Missed the turn to Circleville for the first stop. When we saw the arrow it was too late and we didn't want to turn around so we headed to Chillicothe for the lunch stop at 50 miles. With the wind at our backs we made good time.

Chillicothe was a welcome sight with food and hot chocolate. But we started to shiver from the rain and lower 50's temperatures. Fortunately I brought my long sleeve wool jersey with me in the pannier. That extra weight was worth having now. Saw CRR member Bob George at Chillicothe. Music from the band entertained cyclists as they ate under

the tent set up in the Mead Paper picnic park. The wait for the field toilets (Port-a-Potty) is a TOSRV tradition.

Got back on the bikes for the scenic part of the tour with rolling hills into Waverly and White Lake park about 20 miles away. Emergency vehicle sirens were heard and cyclists got out of the way of fire engines going to a fire. I stopped at the rest stop but Steve and Debbie just wanted to get to Portsmouth and their hotel room. Just 30 more miles to go. Rumble strips massaged your seat at a couple intersections and some road work left only a single lane open at spots on Route 104. Portable traffic lights directed traffic in one direction then the other. Rushtown railroad tracks had carpet over them for TOSRV riders' safety, many riders have crashed there on previous years. Several miles later the sight of the bridge into Portsmouth always inspires you to the finish and the rain had let up.

At the end of the bridge is a party store that gets a lot of business on Saturday afternoon from all the TOSRV riders. Smell of grilled sausage fills the air from a vendor's wagon. Portsmouth has welcomed TOSRV riders for many years. Putting up with all the bother of bicyclists blocking the street etc., but they spend some money.

Found a spot for my sleeping bag on the gym floor at Shawnee State College. Cleaned my bike and lubricated the chain with "White Lightning" chain lube. It's supposed to last a few hundred miles even if you ride in the rain, but they exaggerate.

Walked around Portsmouth and saw the murals painted on the flood walls. Never noticed them before but the locals said they started painting them about two years ago. Very nice pictures of historic Portsmouth and the founders of the city. The flood walls were built after the 1937 flood that was up to the second floor of downtown.

The Ohio river was high today and the low lying areas such as Portsmouth raceway were under water, but that is normal for spring. The top of the walls are over 25 feet higher than the river is now. Locals said that they almost had to put up the flood gates in the early spring this year when the snow melted and river get jammed up with ice.

Several churches offer spaghetti dinners, etc. in town for TOSRV. Food was good and all you could eat for \$5.00 with bread, salad and cake.

You don't need an alarm clock when you sleep on the gym floor at TOSRV. People start to get up at 4:30 a.m. and the lights go on at 5:00 a.m. My plan was to get to the bridge at 7:00 a.m. this year so stayed in my sleeping bag for a while. Looked outside and it was clear but cool, in the lower 40's.

Pancake breakfast was catered by Chris Cakes. He tells jokes and flips the pancakes to you to catch on your plate.

Got rolling over the bridge a little after 7:00 a.m. Steve and Debbie weren't going to start till 8:00 so there is no reason to hurry. The pacelines are rolling along into a slight headwind for the first 30 miles to White Lake, the first rest stop. Then the wind starts to pick up some but the rolling hills block it until lunch in Chillicothe. Bill Crowley was at lunch and I talked to him. Now it's a flat 50 miles to Columbus but there is no shelter from the wind. Started riding at 15 mph or so but the wind coming out of the northwest had me and many others down to 12 mph and working hard. Some pacelines were going faster but the wind was coming from the left front corner so you needed an echelon to get a draft. It's hard to get more than a few riders strung out across the road, especially if they don't know each other.

You see all kinds of riders on TOSRV including children and people over 70. Many types of bikes including recumbents, hybrids, mountain bikes, but the most common are road bikes. One rider had a helmet with fins and fake jet pack on his back, something like "The Rocketeer" movie.

Got to the next rest stop finally and ate, drank and rested for the last 25 miles to Columbus. TOSRV cyclists were entertained there by a musician with a keyboard mounted on the handlebars of his bike. Powered by a gel cell battery with some speakers and amplifier. I don't think he rode TOSRV with it. He said he goes to walkathons to provide entertainment, but he can't ride and play at the same time.

Back on the bike after a long stop it was slow and steady ride to the end. One more rest stop is 8 miles out from Columbus. Usually wouldn't stop but I was tired and figured Steve and Debbie were still behind me. Finally got to Columbus for the finish at 3:30 p.m.

Got my bag and went to the YMCA for a \$3 shower that's worth the price after a long hard ride. Walked around Columbus for a while, checked at the finish to see if Steve and Debbie had gotten in. Finally about 6:00 p.m. they got there. It was a long day for them with two flats and they stopped at all the rest stops. They changed clothes but didn't have time for a shower. We stopped at rest-stop on I-75 in Michigan 9 miles north of Toledo and I called my dad for ride home from Steve and Debbie's house so he could get there when we did. Somehow it all worked out as we got there a few minutes before he did.

Thanks to Steve and Debbie Angst for putting up with me. This year nobody else from CRR was going down to TOSRV. Thanks to my dad for dropping me off Friday afternoon and picking me up at midnight on Sunday. Expected to get back by 7 or 8 p.m. but this year's TOSRV was slow. Debbie isn't

planning on going back anytime soon. Next year I'll see if I want to go back.

TOSRV96 will be remembered for years, there are some riders who have ridden it since the beginning or for many years. Most years seem to have some rain but people manage to get through it. It helps you realize that you can make it through some bad weather. They were passing out surveys at the end to find out how to make it better and whether people want it scheduled a couple weeks later.

Ted Gondert

Bicycling on the Internet

There are many mailing lists, newsgroups and Web sites with bicycling information. Some are "rec.bicycles.*" including .soc, .tech, .racing,. For example "rec.bicycles.soc" is about bicycling and how we can improve roads and education etc. for bicycling. Mailing lists include: "labmembers@fuji.physics.indiana.edu" and others. Send E-mail to: "majordomo@fuji.physics.indiana.edu" with one line message "help" for more information on subscribing.

Bill Duemling has a World Wide Web page for League of Michigan Bicycle rides and also the Clinton River Riders.

If you have web access, you can find out about the Shoreline tours and others by checking the LMB web site at <http://www.msen.com/~duemling/lmb/lmb.html>

Listing of ALL league of Michigan Bicyclists registered rides, including pricing and registration address information.

The League of Michigan Bicyclists will mail you an application if you send a SASE to PO Box 16201, Lansing, MI 48901. You might get one if you call (313) 379-BIKE

Bill Duemling - Par-Kut International, Inc.

--- _O World Wide Web: <http://www.parkut.com>
- _K_ Internet: bduemlin@parkut.com
- ()/@() Voice: 810.468.2947 Fax: 810.463.1273

The Arc Bicycle Program

This provides bicycling training for people with physical and developmental disabilities. John Waterman started it in 1988 and it has helped 140 individuals gain independence, transportation, exercise and enjoyment by learning to ride bicycles, tricycles, recumbents and tandems that have been purchased by it. Arc Bicycle Program has received funding from Detroit-Wayne Community Mental Health, The Governor's Council on Fitness, Health and Sports, DALMAC Fund, Michigan Fitness Foundation and The Detroit Lions Charities. They still seek donations of money and time so that the program may expand it's reach. Contact: The Arc Bicycle Program, 35000 Van Born Rd, Wayne MI 48184 (313) 729-9100

"Fitness Club on Two Wheels"

By Bonnie McClun, ECI #297

Are you a potential bike commuter?

- Are you interested in using your commute time to improve your physical conditioning?
- Are you a cycling enthusiast who already enjoys cycling for sport and pleasure?
- Are you environmentally concerned? Are you interested in a cost efficient commute mode? If you answered yes to any of these questions, you have what it takes.. So *what's next?!*

What issues need to be considered?

Traffic

- If you maximize your visibility to other road users, obey traffic laws and ride predictably you are at no greater risk cycling than driving a car.

Your vehicle

- You do not need a special bicycle to commute. If your bike is mechanically sound and fits correctly, you have a commuter bike. Good maintenance (either by a bike shop or yourself) is important when you rely on your bike to get you to work on time. Make plans to facilitate carrying "stuff"—a sturdy rear rack and bag for your bike is an option.

The Route to Work

- Plan and test ride several routes for traffic considerations at the time of day you will be using them, length and enjoyment. Vary your routes regularly if you can.
- Choose an easy pace and pleasurable route when riding to work, and it will begin your day on a pleasant note. Utilize a more taxing route for the ride home and relieve the day's stress through the pedals.

You

- Protect a very precious asset. Wear a bicycle helmet every time you ride!
- Personal hygiene is always a concern when commuting. If your trip is short, you may find riding in business attire realistic. If your trip is long, you may want to ride in more comfortable clothing and freshen up when you arrive at work. Plan grooming supplies to be stored at work. Shower before leaving home and wipe down at work. Try using pre-moistened baby washcloths—they work nicely on babies, so try babying yourself.
- Harried about Helmet Hair'? A little creativity goes a long way. Wash your hair in the kitchen sink before others arrive in the morning, or try hair spray—it can work wonders with practice.
- Carry your daily needs on your bike or keep several outfits at work and rotate them on days you don't ride.

Parking


- With a little research, you can always find a bike parking solution. Stash your bike in a covered, secure

place, like a closet or storage room. Bike parking may exist in nearby buildings or garages. If your employer doesn't provide parking, make a formal request with other employees. Park outside, but use a good U-lock (or use a bike no one would want).

Weather

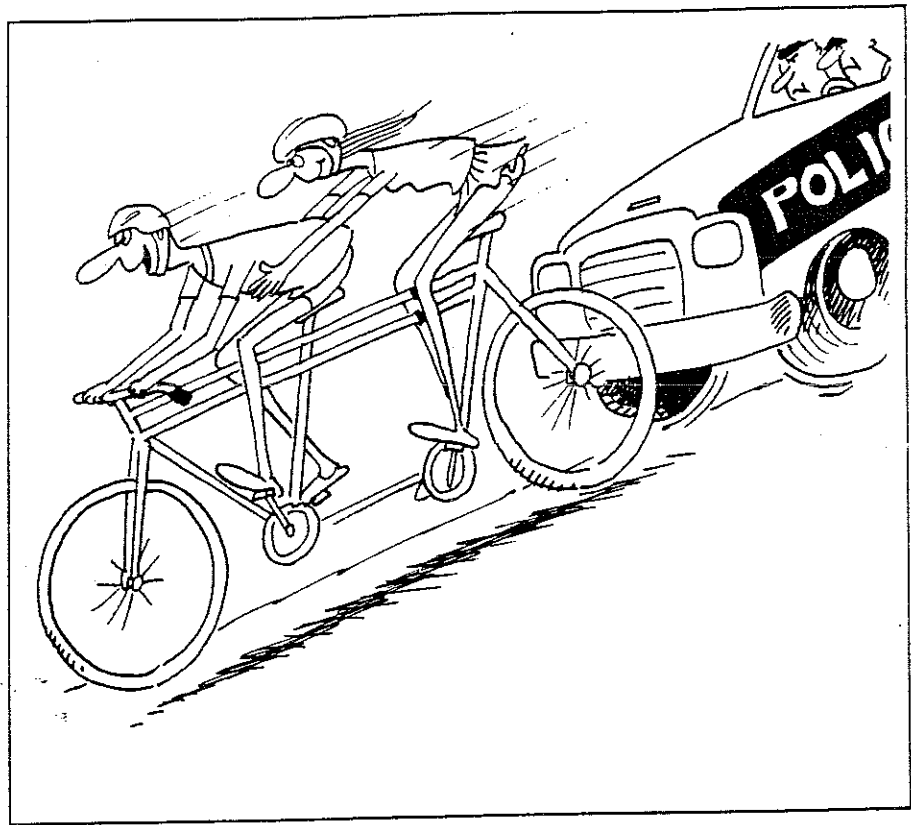
- Keep clean and dry: add fenders to your bike (some are easily removable).
- What if it rains? It is easiest to start as a fair-weather commuter. Experiment with rain gear as your commuting becomes more comfortable.

Daylight to Darkness

- Know your state or local laws. *Minimum* requirements are a white light in the front and a red rear reflector, but we strongly recommend always also using a solid or blinking light at the rear of your bicycle to make you more visible. Bicycle lighting systems technology has become quite impressive. Shop around, and select a system that meets the needs of the route you ride, be it lighted city streets or dark country roads. 

This year marks the 40th anniversary of May as National Bike Month. The third Tuesday in May is officially Bike to Work Day. Make this your year to try bicycle commuting! Join the festivities of Bike to Work day ; then try one day a week and build up as desired. Still hesitant? Enroll in an *Effective Cycling Road I* course: enhance your vehicular cycling skills and build your confidence about handling roadway situations. To find out about a course in your area, send a SASE to the League office for a listing of certified *Effective Cycling* Instructors in your state.

In an effort to promote safe cycling behavior among League members, each issue of Bicycle USA features an *Effective Cycling* column. For more information and one-on-one interaction with an experienced E.C. Instructor, sign up for an *Effective Cycling* class. This column is sent to all League-affiliated clubs and coalitions c/o the League Rep. for reprinting in their newsletters. If your club is not taking advantage of this benefit, and you would like to contact your League Rep. but don't know who that is, call us at (410) 539-3399.



"These tandems certainly pick up speed going down hill."

