

Rambler

May 1998

Braking! Car Back!

Take a break to review these safety rules before you take to the road

GENERAL

Riders must obey all traffic laws just like a motor vehicle. The use of a "hard shell" helmet is strongly recommended. *[See page 3]* No headphones are allowed.

RIDING IN AN ORGANIZED GROUP

Ride leader responsibilities: Explain the rules of the ride, pace, and distance. Collect signatures from all riders on the release form. Maintain the advertised pace. Appoint a co-leader or get volunteers to help. Stop the ride for any breakdown. Ask disruptive riders to leave the ride.

Rider's Responsibilities: Obey and cooperate with the ride leader. Notify the ride leader if you're leaving the ride. Notify the ride leader if you're having difficulty (this can be done by relaying a message). Obey the rules and courtesies of group riding. Ride in a safe and responsible manner. Leave rest stops with the group. Know your riding capabilities.

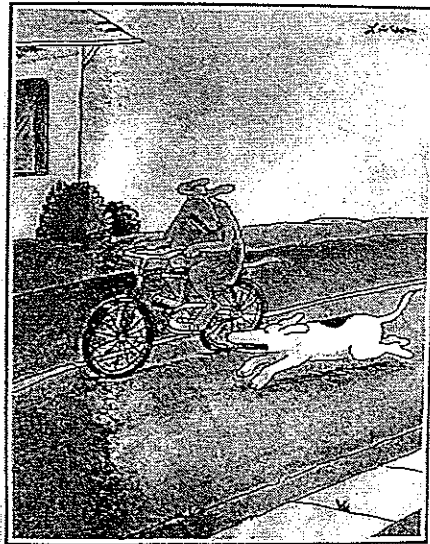
Group responsibilities: Ride as far to the right as possible. Use no more than one half of the lane. A maximum of two abreast is allowed on clear roads. Make changes in speed and direction in a predictable manner.

WARNINGS

Use warnings only when the following riders need to take evasive action. Never use "Clear" at an intersection and never assume that an intersection is clear. Overused warnings are generally ignored and, therefore, of little use.

DEALING WITH MOTOR VEHICLE TRAFFIC

When "Car Back" is heard, merge to the right. Do not signal a motor vehicle to pass. Watch for opening doors when passing parked vehicles. Do not make obscene or unfriendly gestures towards motorists.

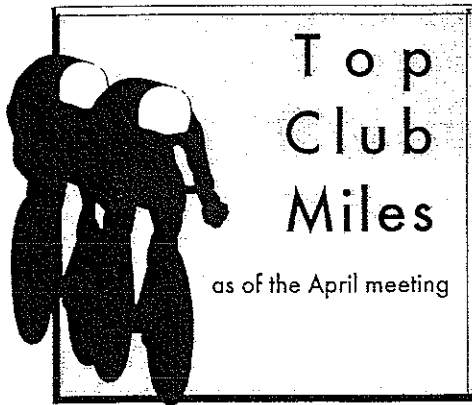


"Hey—be cool, man, be cool."

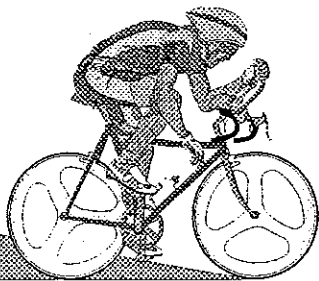
The Far Side, Dec. 6/7 1997.

Thank you, Sheila Jones.





1	William	Lajack	278
2	Sandy	Freeman	266
3	Dave	Switney	231
4	Jane	Benard	223
5	Rick	Jones	223
6	Steve	Angst	219
7	Sharon	Wiseman	215
8	Eric	Braun	165
9	Julia	Schultz	142
10	Doug Mac	Dermaid	139
11	Ted	Gondert	131
12	Gary	Haelewyn	128
13	Mike	Freeman	125
14	Laurie	Brickner	114
15	Mike	Gemus	102
16	Gary	Green	98
17	Tom	Graham	95
18	Darlene	Duskey	85
19	Greg	Schultz	84
20	Susan	Moorman	76
21	Patrick	Moorman	76
22	Mimi	Gendreau	73
23	Eric	Noyes	73
24	Sheila	Jones	60
25	Jerry	Bartels	46
26	Glenn	O'Connor	46



Mondays and Wednesdays

Meet Sandy Freeman at the Stony Creek boat launch at 3:15 p.m. for laps at 14-16 mph until 6:30 p.m.

Tuesdays

Meet John Tarantino at Prestige Cycles at 6 p.m. for a 25 mile ride to Metro Beach at 15-17 mph.

Seriously fit individuals can find Rick Jones or Jerry and Sue Pavlat at the MSU Management Training Center on Square Lake road east of Crooks at 6 p.m. They will ride a fast 30 miles.

Wednesdays

Ride with Gary Haelewyn from the Kmart headquarters parking lot (Coolidge & Big Beaver) at 5:30 p.m. While it's currently a 14-16 mph ride, Gary picks up the pace as the season progresses. May is a great time to see the route with your head up.

Thursdays

It's Thursday. You have had it up to here with your boss. The dog hid when you got home. You need a bike ride! Join your friends and ride with Diane and Bill Baker from the Par Kut on Production Drive, east of I-94 and north of North River road for a 15-20 mile ride at a relaxed 10-14 mile pace. You will be glad you did.

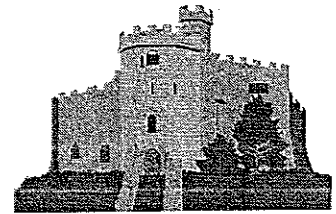
Art Anderson will lead an advanced mountain bike ride from the Stony Creek boat launch at

2 p.m. on Thursdays. 40 miles in 4 hours of riding.

Visit Cycle and Fitness on Washington in Royal Oak at 6 p.m. for a 25 mile ride to Cranbrook with Rick Jones and Will Lajack. The pace will be 14-16 mph.

Saturdays

Meet Mike Freeman the Stony Creek boat launch at 8 a.m. for a ride to Armada for breakfast at 15-17 mph. There may be a second, faster group. The round trip is 47 miles.



Mother's Day Castle Ride - Sunday, May 10

Join Sue and Jerry Pavlat for a Mother's Day Castle Ride on Sunday, May 10 at 8:30 am. Ride 30-35 miles at approximately 14 mph on easy terrain - flat to rolling. Meet at: 7000 19 Mile Road, W of Van Dyke. Park in the BACK parking lot of the Breed building. R.S.V.P. to Jerry at the Tandem Depot (248) 545-5778 so we know how many are coming. We ride to see a real castle in Bloomfield, then stop at our house for refreshments. You should be home by noon. In case of rain, show up anyway. We won't ride, but the refreshments must be eaten!



LAB Rides

*Provided by LAB Events Director,
Maureen Becker*

Mark your calendars now! It's never too early — or too late — to plan on making 1998 a great year of cycling! Here's what you have to look forward to:

L.A.B. GEAR South 1998: "Buffalo Traces and Indian Trade Routes."

Whether you seek lazy valley road rides, steep mountain climbs, or trail and single track mountain biking, eastern Tennessee offers it all — proudly co-hosted by the Tri-Cities Road Club.

L.A.B. Rally West 1998: "A Rider's Paradise." Explore the natural wonders of Oregon. July 3-6 in Eugene, Oregon.

L.A.B. GEAR North & National Rally 1998: "The Spirit of Massachusetts."

The quiet rolling terrain along the beautiful Charles River and nearby hilly apple orchards complement historic Concord and Walden Pond to make for some of the best cycling in the country — all proudly co-hosted by the League's 100% club, the Charles River Wheelmen.

For more information on any of these events, call 202-822-1333, email bikevent@aol.com, or visit the webpage at www.bikeleague.org.

Other Rides

Midwest Tandem Rally update: Sue Pavlat has 10 rooms available, and if they aren't spoken for by the end of May, she will let them go.

Metro Grand Spring Tour, May 3 in New Boston. (Past deadline) (313) 383-0286.

"Back 40" Challenge, May 10 in Clarkston. Deadline: May

1. Flying Rhino Cycling Club.

The MS Wolverine 200, May 15-17 on Belle Isle. (See you there!) Deadline: May 8

100,000 Metre T-Shirt Ride, June 6 in Grand Ledge. Deadline: May 9

Farm Lake Tour, June 7 in Monroe. Deadline: May 10. Cycling Saddlemen Bicycle Club.

Always Wear Your Helmet

One rider's tale of a turbulent trip proves a helmet's worth

By Gary Haelewyn

One stupid mistake. Bill Duemling suggested I write something about it, so maybe someone else won't repeat the stupid thing I did Easter Sunday.

I drove my car to my parent's house, a short three miles from the Cadieux Cafe and the start of Jane Bernard's 10 am ride to Belle Isle. It's a very nice ride and it was a very beautiful Easter Sunday. I had my long tights on over my shorts and a wool sweater over my jersey. They would get stuffed in my pannier when we got to Belle Isle, as the temperature was climbing to the 70s. The faster riders did laps around the island while the slower riders, myself included, rode the paths through the center of the isle. At 12:00 we all met at the Nature Center for the ride home.

East on Jefferson. They repaved Jefferson and it's like riding on streets in some other state. Very smooth. When we got past Alter, Jane suggested we do Windmill Point. The weather was perfect and there was still plenty of time to get back for the Easter celebrations. As we rode up Bedford towards Jefferson, the guy in front of me suddenly slowed and swerved into my front wheel. There was no way to avoid a collision, so I leaned my front wheel into his rear wheel and managed to stay up despite broken spokes on both of our wheels and a sudden pop as his tire went flat.

The group stopped and we moved to the sidewalk to try to repair the damage. It had been caused by a couple of kids playing hockey in their driveway. The rubber ball missed one of the kids and shot into the wheel of the guy in front of me. It was an accident. We

repaired the other fellow's rear wheel the best we could. I tied the broken spoke around another but could not get the wheel true. Someone else tried but said I had different nipples on the wheel. (I've had the bike over 10 years and never broke a spoke on the front; maybe the nipples lost their edge). The wheel was out of true and had a most noticeable wobble to it, still I thought I could ride it home.

I have cantilever brakes. They look like an upside down "Y", with the top two ends connected to the brake pads and the bottom connected to the brake lever. I disconnected the brake lever wire which released the tension on the brake pads so that they fell away from the wheel. The wire still connected the pads but there was no tension. It merely draped across the tire from one pad to the other.

While we were fixing the bikes, Jack Giannosa showed up. He was doing a quick ride from St. Clair Shores. Then we all headed up Bedford towards Jefferson. Jack turned right onto Jefferson and I made a quick decision to follow him rather than the rest of the group that was going back to Cadieux Cafe. I said good-bye to the others and rode with Jack down Jefferson towards Cadieux. I said something to Jack, looked down at my computer, saw 16 change to 17, looked back up and that's all I remember.

According to Jack I went over the handlebars. He said it happened like the snap of your fingers. I had fallen into the left lane.

**I thought to myself,
"Wow, someone
went down;
I wonder who it is".**

Two cars stopped and one guy helped Jack get my legs untangled from my handlebars. He said I was choking on my helmet strap and there was blood all over my face. It looked like my teeth were knocked out. He had to run to his bike to get a knife to cut the helmet straps in order to get my helmet off. The police were there in five minutes, an ambulance a few minutes later. As they were putting me in the ambulance I heard Jack say he was putting my glasses in my pannier. I thought to myself, "Wow, someone went down; I wonder who it is". I finally woke up and I knew I was awake and not dreaming as they wheeled me down to X-ray.

They X-rayed everything. Nothing broken. Just a few stitches on my face. Road rash on my left knee area, right shoulder, left wrist, and right side of my face. Chipped two teeth. Not too bad considering. My bike is totaled. The forks were bent in, causing the top tube and down tube to

crinkle. I had just overhauled the entire bike including new cables, BB, freewheel and chain, not to mention back to its original color. Good-bye, old girl. And oh yes, the helmet with its cut straps. I looked it over and discovered it too, took a whole lot of road rash not to mention a couple of cracks. The cover had teeth holes with grease in it. These came from the big chain ring as the bike went over me. If I wasn't wearing a helmet...

Needed new glasses: \$400. Missed 5 days of work. Taking Vicadin for pain, Augmentin an antibiotic, Flexeril for swelling (that stuff knocks you out) to be followed with Arthrotec (less caustic on the stomach) and Prilosec for the stomach. On Friday I was back in the doctor's office. My back was hurting worse every day. Doc says it could be a chipped, bruised, or fractured vertebrae. More X-rays will tell for sure. And shingles, whatever they are, we'll have to keep an eye on that.

Jack says the problem was the brake wire. I should have cut it off. Somehow the tire grabbed it and pulled the brake levers shut. How a smooth tire could grab that wire and why it waited until I was going as fast as I was is beyond my comprehension. What I do know is thank God I was wearing a helmet, and thank God there were friends there to help me. Maybe telling this will someday help one of you.



Club ID Cards

Identification cards are available for any club member at club meetings. A 10% discount will be given at the following participating stores.

Prestige Cycles

36558 Moravian
Clinton Twp. (810) 792-4040

Cycle & Fitness

1109 S. Washington
Royal Oak (810) 542-7182

Pointe Cycle & Fitness

20343 Mack
Grosse Pte. Woods (313) 886-1968

Mountains of Bikes

42201 Garfield
Clinton Twp. (810) 412-0500

Antoon's

42918 Schoenherr
Sterling Heights (810) 247-9240

Big Ralph's Schwinn

23521 Nine Mile
St. Clair Shores (810) 772-3258

Macomb Schwinn

28441 Schoenherr
Warren (810) 756-5400

Stoney Creek Schwinn

58236 Van Dyke
Washington (810) 781-4451

Main Street Bicycles

112B South Main St.
Romeo (810) 336-1177

Anchor Bay Bicycles & Fitness

35241 23 Mile Rd.
New Baltimore (810) 725-2878

Continental Bike Shop

23262 John R.
Hazel Park (810) 545-1225

Interaction

Editor Email:

KGDM63D@prodigy.com



CRR Website:

www.msen.com/~duemling/crr/crr.html

LAB Website:

www.bikeleague.org

LMB Website:

www.lmb.org

Happy Birthday!

Sorry! No birthdays this month. The Rambler editor was not able to receive them by press time. The birthday column will return next month.

Late "addition" - new ride!

Great Ontario Cycling Rally, July 3-5 in Guelph, Ontario. Brought to you by the Ontario Cycling Association.

The Rally is a three-day event that will bring together all facets of the cycling community from across Ontario, Quebec and the North Eastern United States.

Contact Brendan Ginter at (416) 426-7241 for entry forms.

Clinton River Riders

President

Gary Green
(810) 468-7351

Ride Director

Will Lajack
(810) 758-1144

Secretary

Darlene Duskey
(810) 263-5241

Treasurer

Bob Latsko
(810) 939-2788

Editor

Jan Trombley
(810) 795-4934

LMB Representative

Michael Sproul
(810) 445-2868

Hotline

(810) 819-0222

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Next Meetings:

May 4

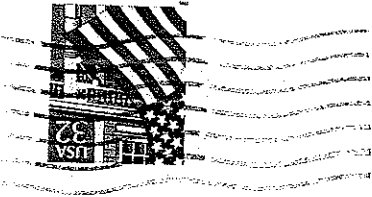
June 1

@ 7 p.m.

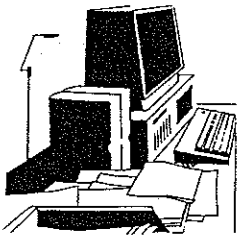
Mt. Clemens Recreation Center, 300 Groesbeck
(next to the ice arena)

BIKE
XING

HAELEWYN, GARY, JAN & FAMILY
41706 MERRIMAC
CLINTON TWP., MI 48038



36558 Moravian Clinton Twp. MI 48035



Press Box

As we get rolling in the new season, it is important to remember the Rules of the Road. Take a moment to review these!

A few moments of silence go to the memory of Sharon Weisman's mother. Sharon's mother died in late March from a long illness. On another sad note, former club member Jack Broesamle passed away March 25 after complications from

heart surgery and cancer. He was in his 60s.

On a recent ride, a chain of events led to the injury of Gary Haelewyn. He is off the bike as of press time. Here's to a quick recovery!

Doris Mulligan went down April 21 on Moravian. She hit a crack the wrong way, and got a hairline fracture in her pelvis. Hope to see you up and cycling soon, Doris!

Sorry I printed my Email address so small. Both of my Email and snail mail addresses are included in the "fine print" inside the board box on page 5.

This month you will find my

Email address in larger print, along with the added bonus of our website address. Please note the new hotline number on page 5.

Also note the Mother's Day-Adam's Castle ride. Live like Kings and Queens. Ride past a castle and get food afterward!

Coming soon... BWR updates... a special feature on tour companies and options... call for action: where to voice your opinion about road developments... pictures of people on rides... stories about bike rides you did... the return of the birthday column... some support for our marathon runners...

ROAD
ENDS

Editorial

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