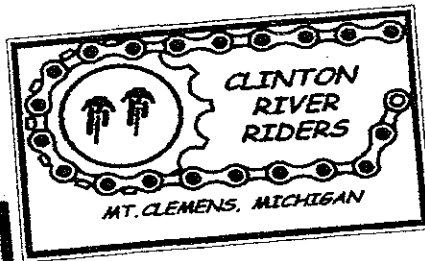


June 2000



RAMBLER

Injuries to Bicyclists

From A Monograph by the Johns Hopkins Injury Prevention Center

Sponsored by the Snell Memorial Foundation. Each year in the United States;

- more than 900 bicyclists are killed - - - [Falling since this was done: in 1997 it was 808]
- 20,000 are admitted to hospitals
- 580,000 receive emergency room treatment



For the population as a whole, there are approximately:

- 1.8 billion bicycle trips
- 300 injuries per million trips
- 1 death in every 2 million trips (0.5 per million)

Helmets are needed because head injuries in bicyclists are noted in:

- 65,000 emergency room cases and 7,700 hospital admissions annually
- about 40 per cent of bicyclists admitted to hospitals
- an estimated 70 to 80 per cent of fatally injured bicyclists

Bicyclists hospitalized with head injuries are 20 times as likely to die as those without.

Bicyclist injury rates per million trips are highest at age 5 to 15.

Bicyclist death rates per million trips are highest above age 50.

Bicyclist death rates per 100,000 population are highest at age 10-14.

Fifty-six per cent of fatally injured bicyclists are age 20 or older.

Death rates for male bicyclists age 20-54 have substantially increased in recent years. Compared with females, males;

- make 2.5 times as many bicycle trips
- are 2.4 times as likely to be killed, per trip
- have a death rate per 100,000 population that is 6 times as high

The death rate per million trips is 8 times as high from 10 PM to 1 AM as from 9 AM to 1 PM. Motor vehicles are involved in 90-92 per cent of bicyclist deaths and 12 per cent of injuries. One third of bicyclist fatalities occur on roads with speed limits of 55 mph or higher. Two-thirds of fatally injured bicyclists are tested for alcohol; 32 per cent of those tested have been drinking. Bicyclist death rates per trip or per person mile of travel greatly exceed the rates for car occupants.



These statistics came from the Bicycle Safety Institute website www.helmets.org

CLUB RIDES



Call the Hotline for updates.
(810) 819-0222

Recurring Rides

(More details on each ride can be obtained by calling the ride leaders listed with each ride.)

Weekend Rides

Saturday

Armada Ride

Saturdays at 8:00 A.M. ride with Sandy Overway (810) 781-8315 from the Stoney Creek boat launch to Armada for breakfast and back. The distance is about 43 miles. This ride usually breaks into two groups to accommodate both slower and faster riders, but 14 miles per hour will be the slowest pace.

Sunday

Wimp Ride

Sundays at 8:30 A.M. join the Duemlings and Bakers for a Wimp Ride! This is a 20-30 mile ramble at an easy 13-15 mile per hour pace or slower if it's windy, with a stop midway for breakfast. The starting location varies each week. Call (810) 307-8801 or 739-0261 for details.

Lake Orion Ride

Sunday (Check with ride leader for date). Ride with John and Marilyn Tarantino (810) 677-0482 from the Stoney Creek boat launch

to Lake Orion and back, a distance of about 40 miles at 14-16 mph. The Tarantinos plan to host this ride once per month thru the summer.

Weekend Rides

Remember that head and tail lights are required for all evening rides.

Mondays

Eastside Ramble

Mondays at 6:30 P.M., join Diane and Bill Baker (810) 739-0261 for a 20 to 25 mile ride. This begins at Rockwell Elementary School, on Masonic between Hoover and Schoenherr. The pace will be 13-15 miles per hour, or the pace of the slowest rider. Note: this ride will not be held on the first Monday of each month due to the CRR general meeting.

Hilly Hammer

Mondays at 6:00 P.M., Ride from the MSU Management Center, at Crooks and Square Lake Roads. This is a FAST, HILLY ride of about 30 miles. Note: the first week of each month this ride is held on Tuesday instead of Monday, due to the club meeting.

Tuesdays

Prestige Ride

Tuesdays at 6 P.M., ride with Rich Dyer (810) 465-0907 to Metro Beach and back leaving from Prestige Cycles, on Moravian just east of Garfield. This is a 25 to 30 mile ride at a 15-17 mile per hour pace.

Prestige AM Ride

Tuesdays and Thursday mornings at 9:00 a.m. ride with Rick Okerhjelm or Rich Dyer to Metro Beach from Prestige Cycles, Moravian just east of Garfield. The ride is 25 to 30 miles and the early season pace will be 14-16 MPH.

Wednesdays

Blue Light Special

Wednesdays and Thursdays at 5:30 P.M., ride from the Kmart Center at Coolidge and Big Beaver Roads. The route will vary each week, but is a fairly hilly ride of about 25 miles, at 15-17 miles per hour. Call Rick or Sue Moorman at (810) 792-0119 for info.

Thursdays

Tuesdays and Thursday mornings at 9:00 a.m. ride with Rick Okerhjelm (810) 286-3023 or Rich Dyer (810) 465-0907 to Metro Beach from Prestige Cycles, Moravian just east of Garfield. The ride is 25 to 30 miles and the early season pace will be 14-16 MPH.

Blue Light Special

Wednesdays and Thursdays at 5:30 P.M., ride from the Kmart Center at Coolidge and

Big Beaver Roads. The route will vary but is a fairly hilly ride of about 25 miles, at 15-17 miles per hour. Call Rick or Sue Moorman at (810) 792-0119 for info.

Par-Kut Ride

Thursdays at 6:30 PM ride with Bill Duemling (810)307-8801 and Bill Baker (810) 739-0261 from Par-Kut International 40961 Production Drive, east of I-94 and north of North River Road in Harrison Twp. This is a 20-30 mile ride at a 14-16 MPH pace. The route will vary each week.

Cranbrook Ride

Also Thursdays at 6:30 PM, ride with Will LaJack (810) 758-1144 from Royal Oak Cycle and Fitness, on Washington Street, to Cranbrook and return. The ride is 20 to 25 miles, with a pace to 14-16 MPH.

Fridays

Grosse Pointe Ride

Fridays at 6:30 P.M., ride with Jane Benard (810)751-8881 through Grosse Pointe from the parking lot at Marter and Jefferson. The ride is 25 to 30 miles, and is paced at 14-16 miles per hour.

Ride Events

(Also check the Hotline
(810) 819-0222)

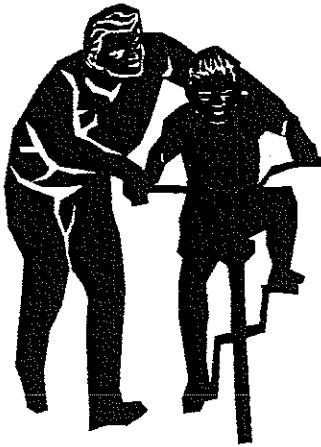
Sunday, June 18

Meet at 8:30 AM at Romeo High School to ride to Wolcott Mill. This is a mountain bike ride on dirt roads at 12-15 mph pace. For further info call Will LaJack (810) 758-1144.

Sunday, July 23

Plan in advance! Bill and Julie Windhorst will host a ride at 9:00 AM from their home to Birmingham 40-45 miles at 16-18 MPH, including a mid-ride stop and followed by a barbecue at their home. RSVP (810) 939-6073.





What is missing in this picture? If you don't know, then read the front page article. Share it with your friends.



Editor Email
 martusbach@home.com
CRR Website
 www.lmb.org/err/
LMB Website
 www.lmb.org
LAB Website
 www.bikeleague.org
M.U.T.S and Midwest Tandem
Rally
 www.aacn.org/kvanden/
 muts/mtr/

2000 CRR OFFICERS

President: John Tarantino (810) 677-0482
Ride Directors: Bev Clark and Duane Larkin (313) 372-3731
Hotline Updates: Bruce Carlson (810) 254-9322
Secretary: Julie Windhorst (810) 939-6073
Treasurer: Sandy Overway (810) 781-8315
Rambler Editor: Loren Bach (248) 656-1750
Email bachmartus@home.com
LMB Representative: Michael Sproul (810) 445-2868



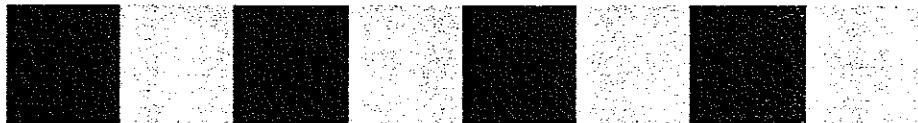
CRR News

Jan Haelewyn's father passed away recently, our sympathy goes out to you, Jan.

Emmet Mulligan recently underwent two surgeries, a four part heart by-pass and a week later he had some veins replaced in his leg as he was having circulation problems.

Ken (Maz) Marzorati wrote:

My wife, Katie, gave birth to our daughter this past Wednesday 5/17/200: Joey Laurel Marzorati, 6lb 14oz, 20". Both are doing fine and can't wait to get on bikes this summer.



Monthly Meetings

1st Monday of the month

Meeting time is 7 PM

Dates

July 10 (Due to holiday)

August 7

September 11 (Due to holiday)

Mt. Clemens Recreation Center, 300 Groesbeck Mt. Clemens, MI (next to ice arena) Call John Tarantino (810) 677-0482 or Bruce Carlson (810) 254-9322 for more info or club applications. Volunteers needed to bring treats. (Club subsidizes cost)

Club Discounts

Identification cards are available for any club member at club meetings. A 10% discount has been given at the following stores. To avoid disappointment, please check with the store to verify participation.

Prestige Cycles

36558 Moravian Clinton Twp.
(810) 792-4040

Pointe Cycle and Fitness

20343 Mack
Grosse Pte. Woods
(810) 886-1968

Mountains of Bikes

42201 Garfield
Clinton Township
(810) 412-0500

Antoon's

42918 Shoenherr
Sterling Hts.
(810) 247-9240

Big Ralph's Schwinn

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

Macomb Schwinn

28441 Schoenherr
Warren (810) 756-5400

Stony Creek Schwinn

58236 Van Dyke
Washington (810) 781-4451

Main Street Bicycles

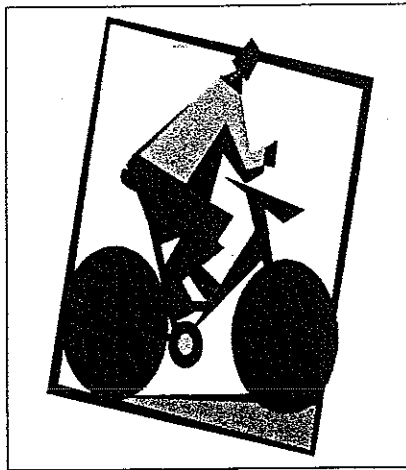
112 B South Main St.
Romeo (810) 336-1177

Anchor Bay Bicycles

35214 23 Mile Rd.
New Baltimore
(810) 725-2878

Continental Bike Shop

24436 John R
Hazel Park (248) 545-1225
New Address 1/2 mile north on the
corner of Mapledale and John R.



1994 Santana Sovereign Medium
Frame - Burgundy with Aerospoke
Wheels, Drum Brake, 2 Computers, SPD
Pedals, Rear Rack - Call Dave
Komendera for details at 248-879-6474.

Trek 400 Road Bike, red 19" steel
frame, very good condition. \$150.00 Call
Jay at (248) 360-4792

Trek 850 Mountain Bike, gray 18 steel
frame, very good condition, \$150.00 Call
Doug or Laurie at (810) 939-4670

Vision VR42 Recumbent (1997 Model).
Above seat steering. Very low miles, like
new. \$1600.00

Night Rider Classic 12/20/32 watt dual

WANT ADS

beam system. New in box. \$155.00

Terry Men's Liberator Saddle. Just two rides. \$25.00

Wanted!!! Cinelli Volare SLX Saddle. (Came on bikes in the mid '80's with
Nuovo Record and Superbe Pro Class components.)

For above call Bruce Carlson (810) 254-9322 or email bicarlson@juno.com

BIRTHDAYS for JUNE and JULY	
JUNE	
5/1	Nina Lau
5/5	Althea Bartels
5/6	Ed Gostin
6/1	Gail Komendera
6/9	Kaye Bryan
6/10	Ken Rosiek
6/12	Steve Mastay
6/16	Sue Graham
6/16	Sandy Overway
6/17	Dave Switney
6/19	Denise Schmidt
	JULY
6/20	Frank LoPiccolo
6/21	Dave Komendera
6/21	Doug MacDermaid
6/23	Lorie Kamm
6/28	Julie Windhorst
6/30	Michael Miller
7/2	Sue Lillis
7/9	Kathy George
7/20	Jan Henry
7/24	Linda Morrison
7/24	Gloria Quinn
7/28	George Howard
7/29	Donna Buczycski



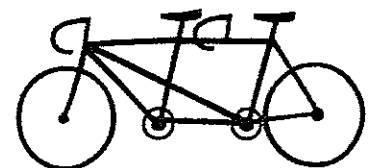
New Members

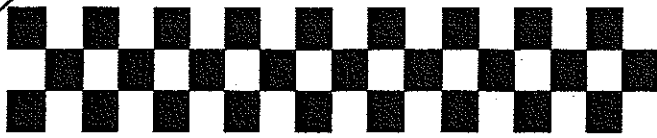
April, May 2000

NEW MEMBERS

John Snethkamp
Hans Haufmann
El and Natalie Huntington
Michael Urso and Ryan,
Mary Jo & Adrienne
Gerald and Geri Anderson

Eric and Amy Berthelsen
Mary Beth Gardocki
Juli and Ed Vandeneck





The Pres 'sez...

The League of American Bicyclists (LAB) has issued an Action Alert on May 1, 2000. The U.S. Dept. of Transportation has recently released "Accommodating Bicycle and Pedestrian Travel: A Recommended Approach". LAB recommends that you take a copy of this very positive policy statement to city, county or state governments and ask them to adopt it. You can download the document at <http://www.fhwa.dot.gov/environment/bikeped/Design.htm> USDOT states in this document that others should adopt the approach that is recommended as a way of committing themselves to integrating bicycling and walking into the transportation mainstream. Your help is important because some local authorities are pressuring the Federal Highway Administration to back away from its own policy.

As a first step write to Administrator Wyke of the Federal Highway Administration and tell him that you think the new policy is an excellent vision for the future of transportation. Send copies of your letter to the League of American Bicyclists and our friend on Capitol Hill, Congressman James L. Oberstar. Then, make this document work for you. Show it to local officials, push your projects and start new ones. Also see the LAB website www.bikeleague.org

Write to : FHWA Administrator Kenneth Wyke
400 7th Street SW
Washington DC 20590

Send a copy to: US Rep. James L. Oberstar
US House of Representatives
2366 Rayburn House Office Building
Washington, DC 20515

Send copy to: League of American Bicyclists
1612 K Street NW Suite 401
Washington DC 20006-2802

Thank you, **John Tarantino**, President

Touring Techniques

Bicycle adjustment - The saddle should be raised to the point where there is only a slight bend in your knee when your foot is at the bottom of the pedal stroke. If your hips have to swivel in order to reach the bottom of the pedal stroke, your seat is probably too high. Knee pain is quite often caused by improper seat height. Pain in the inner or front portion of the knees is generally caused by riding with the seat too low. Pain in the outside portion of the knee is generally caused by riding with the seat too high. Handlebars should be placed level with, or at most an inch lower than, the height of the saddle; try different adjustments to determine what works best for you.

Riding Skills - To become familiar with riding a loaded bike, pack as you will for your tour. Find a painted straight line in a parking lot and follow it as closely as you can. Practice looking behind you; the bike will tend to veer to one side as you turn your head. Practice until you can look back without veering to either side. A rearview mirror attached to your helmet or handlebars will make checking behind you easier and safer. Don't make

abrupt steering movements, especially on downhill or on slippery surfaces, or your tires may lose traction. Avoid pedaling when you're leaning into a turn; your pedal or toe clip could catch on the pavement and cause you to fall. Hold the inside pedal at the top of the revolution.

Cadence and Gearing - The system of gears on multi-speed bicycles lets you choose different pedaling rates, or cadences. Spinning in a gear that is too low is tiring and makes for a choppy ride; pushing a gear that is too high (a common error) is a primary cause of knee problems and the major reason people must stop cycling on a tour. Any time you feel the slightest twinge of pain in your knee, stop riding. Check saddle height and position to see if an improper adjustment is causing strain on your knees. When you resume riding, check your cadence. Skillful cyclists use a brisk, steady cadence of 70-90 pedal revolutions per minute, using the various gears to maintain a constant cadence over varying terrain.

Breaking and Emergencies - A cardinal rule of bicycling is to brake before you must, especially on curves and downhill. Brake just before going into a curve; then, if you need to slow down more, brake gently with the rear

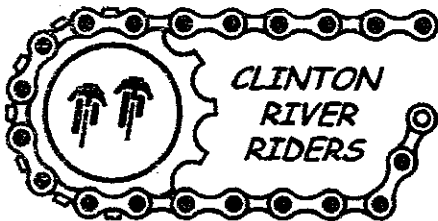
brake while in the curve. Always apply brakes gradually. Never slam on just the front brake, or you'll fly over the handlebars!

Use special caution on downhill. A loaded bicycle can accelerate rapidly, and rocks, loose gravel, vehicles and cattle guards can appear quickly when you're moving at 30-40 miles-per-hour. Brake in a rhythmic on-again-off-again pattern, squeezing the brake handles firmly for a few seconds and then releasing the brakes for a few seconds. Continuous braking will glaze the surface of the brake pads and result in loss of stopping power.

Don't begin your tour without practicing emergency braking. This entails three motions performed simultaneously: 1) shifting your weight toward the rear of the saddle, while 2) moving your hands onto the brake handles, and 3) applying firm, even, pressure to both brakes. ■

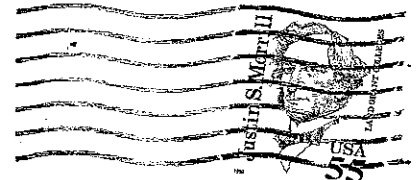
ADVENTURE CYCLING
a s s o c i a t i o n

P.O. Box 8308, Missoula, MT 59807
(406) 721-1776



36558 Moravian
Clinton Twp MI 48035

Gary Haelewyn
Jan 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 address _____

Family Names _____
Name _____ Birthdate _____

New Member
Renewal

Please make check payable to:
Clinton River Riders
36558 Moravian
Clinton Twp., MI 48035

Signature _____ Date _____
Signature _____ Date _____
Signature _____ Date _____
(All riding members must sign)

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

LEAGUE OF AMERICAN WHEELMAN ("LAW")
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 AC-