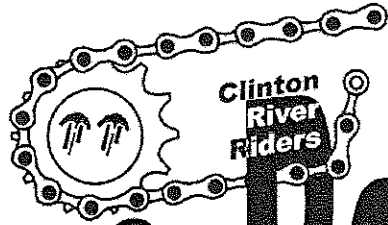


June 2002



The Rambler

A 3-DAY JOURNEY

The Avon Breast Cancer 3-Day was an awesome journey to a place where 4,000 people bonded together for a common cause...to end breast cancer forever! For 72 hours we lived in a world where everyone was dedicated to this cause; a world where we treated one another with kindness and supported each other both physically and emotionally. We quickly realized that if we acted together as one enormous force that the statement we made to the outside world would be that much more powerful. The courage, dedication and commitment of all the walkers and supporting crew turned 3 days into a beautiful, moving monument to the power of human kindness in the face of breast cancer. It didn't matter if you were man or woman, endurance athlete or week end warrior, young or old, slim or overweight, a survivor or someone who had never been sick a day in their life. We were all heroes, focused on the cause for which we were joined together. I will try to describe this most inspiring experience for you.

Day one we woke to heavy rain and it continued until we reached Ann Arbor, when rain gave way to sunshine. Opening ceremonies inspired all of us, and Patti Brehler and I were ready to walk: but with 3750 walkers gathered in one place it was a slow start. By the time we were actually



walking to Dixboro and our first pit stop, the sun was high and so was the humidity. Patti showed me how to stay cool by dunking our hats in ice water and putting ice under the hats. Every 2 miles along the route we were provided with water and portable toilets; and at every few stops, snacks and Avon sunscreen were also put out on tables. Lunch was at about the half way point each day. Many of the pit stops had themes, like Hawaii, beach party, Christmas, the 50's and 60's etc. The volunteers at these stops would be dressed accordingly, and it eased any boredom that may be setting in.

continued on p.3...jane

Rides...Hotline 586-819-0222

FOR ADDITIONS, DELETIONS, OR CHANGES TO THE SCHEDULE,
CONTACT DUANE LARKIN, RIDE DIRECTOR: (313) 372-3731 or dlarkin@todaylink.com
ANY UPDATED CHANGES WILL BE ON THE HOTLINE UNDER THE UPDATED SECTION - PRESS 4

WEEKLY RIDES

Monday...6pm

Join Bill and Diane Baker for a 15-20 mile East-Side Ramble. The ride begins at Rockwell Elementary School, on Masonic between Hoover and Schoenherr. They ride at the the pace of the slowest rider, so it's a great ride for new cyclists. Note: this ride does NOT occur the first Monday of the month, due to the club meeting.

Monday...6:00pm

Ride with Rick Jones & Company from the MSU Management Center, at Crooks and Square Lake Roads. This is a FAST, HILLY ride of 25-30 miles. The first week of each month, this ride is moved to TUESDAY, to avoid a conflict with the club meeting on the first Monday.



Tuesday...9am

Join Rick Okerhelm for a ride to Metro Beach and back from Prestige Cycles. The ride is about 30 miles at 14-16 mph.

Tuesday...5:30pm

Join Rick Moorman for a ride to Metro Beach and back from Prestige Cycles. The ride is 25-30 miles at 15-17 mph.



Tues. & Thurs...6:30pm

Meet Bill Duemling and Bill Baker at Prestige for 25-30 miles at 14-16mph.

Saturday...8am

Ride from Stony Creek Boat Launch to Armada for breakfast and back. Round trip is 46 miles. The pace varies according to who shows up, but mostly 16-18+ Bruce Freeburger will be leading a mountain bike ride at the end of this ride.

Wednesday...5:30pm

It's the weekly Blue Light Special! Meet Gary at the B-3 lamp post in the K-mart parking lot in Troy(Coolidge & Big Beaver). This is a fairly hilly ride of 25-30 miles at 14-16 mph.

Wednesday...6pm

Meet Steve and Deb at the Church on Lorraine, just north of 12 mile between VanDyke and Hoover for a 30-35 mile ride around town at 16-18 mph. If you want to be on the e-mail list for updates, let us know. steve_angst@yahoo.com

Thursday...9am

Meet Rich Dyer at the Water Tower in New Baltimore for a 40 mile ride at 17+ mph.

Thursday...5:30pm

Meet Rick Moorman at K-mart Headquarters for a 30-35 mile hilly ride at 16-18 mph.

Friday...6pm

Join Gary Green and Wayne Cook, on alternating weeks, for a 30 mile ride through Grosse Pte. at 14-16mph.

OTHER CLUB RIDES

Thursday...July 4

Meet Eric Noyes and Mimi Gendreau at 10AM at the Stony Creek boat landing for a 30 mile ride at 16-18 mph, finishing at their home for a cookout. Please RSVP 248-652-3799 or email ERNMMG@wwnet.com by June 27 so they can plan for food.

Saturdays...July 6, 20, 27

Join Jerry & Sue Pavlat for the West Side Breakfast Ride. Leave from the shopping center at the SW corner of Crooks & South Blvd - under the clock in the corner - at 8:00am SHARP! (Come early for a muffin & coffee at HoneyRayz Grill). Ride 35-45 miles at a pace of 16-17mph on roads that are quiet and shady with beautiful scenery and flat to rolling hills. Breakfast will be around the 35 mile mark.

Join us.....

THE FIRST MONDAY OF THE MONTH AT 7PM IN THE MT.CLEMENS RECREATION CENTER LOCATED AT 300 GROESBECK

Club Officers...

PRESIDENT...JOHN TARANTINO
redtandom@aol.com
RIDE DIRECTOR...DUANE LARKIN
dlarkin@todaylink.com
313-372-3731
SECRETARY...ERIC NOYES
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EDITOR...DEB ANGST
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wetandom@todaylink.com
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CRR CLOTHING...SANDY OVERWAY
586-781-8315
CRR ON THE WEB...www.lmb.org/crr
REGIONAL DIRECTOR...MIKE SPROUL
MFSLMBRTC@aol.com



BWR Committee Heads...

DIRECTOR...DIANE BAKER
dbaker@parkut.com
FOOD...RICK OKERHJELM
Rick needs someone to take over for next year!
PUBLICITY...BILL WINDHORST
wetandom@todaylink.com
SAG...JOHN TARANTINO
redtandom@yahoo.com
REGISTRATION...BILL DUEMLING
bduemlin@parkut.com
ROUTES...DUANE LARKIN
dlarkin@todaylink.com

IT'S NOT TOO EARLY...

Sign up with these people. If you need to contact a club member, please utilize the club roster for phone numbers. This info will not be published unless requested due to member privacy on the web.

STORE DISCOUNTS FOR CRR MEMBERS

THE FOLLOWING LIST OF STORES GIVE CRR MEMBERS A 10% DISCOUNT, SO LETS SUPPORT THEM BY SHOPPING FOR THOSE NECESSARY COOL CLOTHES AND BIKE ACCESSORIES

PRESTIGE CYCLES
36558 MORAVIAN(at Garfield)
CLINTON TOWNSHIP
586-792-4040

MACOMB SCHWINN
28441 SCHOENHERR
WARREN
586-586-756-5400

ANCHOR BAY BICYCLES & FITNESS
35241 23 MILE ROAD
NEW BALTIMORE
586-725-2878

AMERICAN CYCLE & FITNESS
2169 METRO PARKWAY
STERLING HEIGHTS
586-979-7570

POINTE CYCLE & FITNESS
20343 MACK
GROSSE PTE. WOODS
313-886-1968

A SPECIAL THANK YOU TO FRASER SCHWINN FOR SPONSORING THE BWR FANNY FLAGS & STAFF SHIRTS

FRASER SCHWINN
3264 UTICA ROAD
FRASER
586-294-4070

CYCLE & FITNESS
1109 S. WASHINGTON
ROYAL OAK
586-542-7182

ANTOONS
42918 SCHOENHERR
STERLING HEIGHTS
586-979-7570

STONEY CREEK SCHWINN
58235 Van Dyke
Washington
586-781-4451

Santana Rio Tandem FOR SALE

It has been gathering dust in my garage for the last couple of years since switching to my recumbent tandem. I am sorry, I don't know what size it is, you will have to check it out at Prestige, where it is now on display in the "used" bike department. I am asking \$800. Call Prestige at 586-792-4040 to inquire. Santana Rio mountain bike frame, 26" wheels, straight handle bars were removed and road bars put on. The only original equipment left is the frame, cranks and bottom brackets. Chris King headset, PhilWood hubs, bar end shifters, Blackburn rack, fenders, water bottle cages and frame pump included. Color: pale blue, some scratches(frame has 6,000 miles on it). Bike was tuned and is in good working condition. Lots of memories, solid bike. Bill Duemling

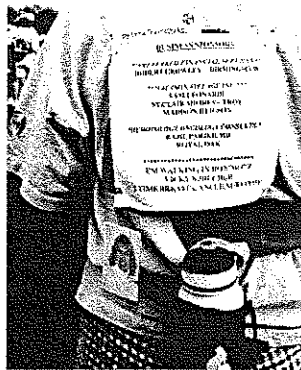


jane...cont. from p.1

Medical support crew were on hand about every 5 miles and support vans constantly drove the route in case any of the walkers were having problems. We were well taken care of and supported every minute of every day by volunteers and crew members. That first day we arrived at our destination, Plymouth Salem High School, at about 5pm. We had walked 21 miles, and it was a very long day because of the slow start. We put up our tent and went straight to the dinner tent, opting for food before a shower. Meals were prepared in 2 huge mobile kitchens and all the meals were fresh and delicious. After dinner we took our showers, which were inside of huge trucks, a new and delightful experience for both of us. We were stretched out in the tent by 8:30 and asleep shortly after 9:00, vowing to get an earlier start the next morning.

Camp each night was like a mobile city, and so well organized we never had trouble finding our gear, and seldom had to wait in a long line for anything. Besides the thousands of 2 man tents for sleeping, there were also huge tents set up each night for dining, medical self help, a huge triage unit, a camp store, and a remembrance tent where one could go to reflect upon our mission, or just sit in a quiet place. There were also the shower trucks with outdoor sinks, the mobile kitchens, and about 15 or more gear trucks. The whole "camp city" was unbelievable.

Patti and I walked every step of the way together, but we also talked and walked with many others as well. Among the interesting people we met were...a 27 year old woman, who was a pilot for Northwest Airlines, and whose mother had lost her life to breast cancer ...a man walking for his wife who was undergoing chemo treatments (he lived in the area and returned home each night)...three generations of breast cancer survivors walked together as one ...another woman who had just finished her chemo in March...a retired woman



who was walking in all of the 13 Avon 3-days across the country...and 2 young women, friends from elementary school, who's mothers had both died of breast cancer. One of them hand sprained her ankle 2 weeks before the walk, and the other one pushed her in a wheelchair almost the entire 60 miles. So many inspiring people helped to make the miles go by quickly.

Many people were along the route cheering us on, and this gave us an added incentive to continue to put one foot in front of the other...it was really unbelievable. Some of these folks had signs wishing us good luck, or with a certain walker's name...but the one that made us really smile was a young man holding a sign that read "you make me want to be a better man". Also along the way there were many survivors offering us hugs and thanks for walking. A little girl dressed as a fairy princess was waving her magic wand at each of us ...a group of cheerleaders encouraged us...and a woman dressed as the Statue of Liberty. Children set up lemonade stands, and folks put out sprinklers and hoses to cool us. All of this made us feel very special.

Day two we walked many miles through parks and shaded neighborhoods, and after 22 miles we arrived at Livonia Stevenson High School a little after 3:00. We were hot and our feet had blisters...but we felt proud for having come this far. We put up the tent, took showers, went to the medical self help tent for blister patches and mole skin, and enjoyed another great dinner, while we were entertained by our fellow walkers and karaoke. There were still walkers coming in, so Patti and I found a shady spot and as they passed us on their way into camp we cheered them on. We became so involved, that a few of us even walked out about a mile to bring in the last walkers. These last walkers were really struggling, but they weren't giving up. While we were cheering, we saw many tears of joy and relief to be "home".

Day three was only 17 miles and we arrived at the staging area in Farmington Hills by about 1:30 or so. We found a shady spot, took off our shoes, and watched and cheered the walkers coming in. It was really something to see so many dedicated folks, walking with braces on their knees, canes and even crutches. Many who had given up the walk on the first or second day, came back on Sunday for the closing ceremonies. We each received a long sleeved shirt ...navy blue for regular walkers, pink for survivors, and white for crew. We lined up in that order and left the staging area and walked about a half mile to the ceremonies. Thousands of people awaited our arrival, and first the regular walkers entered the stadium, and volunteers held the survivors back at the entrance. The noise level was high with excitement. The survivors held hands and entered about 10 or more abreast. I was in the front row, and we raised our hands in the air as we heard the announcer say "and now for our heroes...the 315 breast cancer survivors who walked these past 3 days." As you can imagine, many of us were by now were overwhelmed and sobbing. As we walked forward to join the rest of the participants lining the stage, we noticed that they were all kneeling, and had their shoes off and they were clapping with their shoes held high above their heads. (Now everyone in the stadium was sobbing) . We were told that never had there been such a moving tribute made to the survivors. Crew followed the survivors into the stadium and we cheered until our throats hurt. What a dedicated bunch they were! After a very beautiful closing ceremony, we found our gear and our loved ones, said our good byes to new friends, and we were on our way home.

STATISTICS

- Michigan's first 3-day netted 5.2 million dollars
- 4600 registered to walk...3750 started in Ann Arbor
- 978 completed the entire 60 miles

Jane Benard

Mio to Gaylord

The Mio to Gaylord trip was put on by Doug and Laurie MacDermaid. We had great weather, great roads, great food, and great friends. Friday night was their 1 year wedding anniversary and it was celebrated with cake and cards. Doug and Laurie offered their cottage for lodging on Friday night and Laurie sagged the entire trip. Saturday got off to a slow start with Doug having a flat tire at the start and another one at the end of the driveway. There were lots of hills and the group broke up a little. We met up at lunch where Tim ate the last piece of pie. Tim believes in eating dessert before the meal to ensure that you get some. His plan sure worked this time. Tim had pie and the rest of us had none! Saturday night however, we feasted at Big Bucks and nobody went without. There was great beer, great food, and great company. Sunday started much smoother with the group staying together and visiting the 'large bike,' big bear, and stopping at Garland for lunch. We finished up at the MacDermaids cottage where there were many laughs and good stories. Thank you to Doug and Laurie for putting on a great ride and for being wonderful hosts.



Wedding Vows

Doug MacDermaid Jr. married his sweetheart Diane on Friday, June 7, 2002. Doug and Laurie pose with the happy couple and granddaughter Tori.

Julie Sez...

Julie Windhorst and Mimi Gendreaux have volunteered to be co-chairs for the 2002 Clinton River Riders Awards Banquet. (applause!) Julie and Mimi have done their research and have decided to have the banquet at the Ukrainian Cultural Center on Ryan in Warren. The date is December 13 and the time is 6:30. Dinner will be served at 7:30. The cost is \$25 per person and there will be a cash bar. In the past, the club has reimbursed those members that work BWR. This will be discussed and decided at a later date.

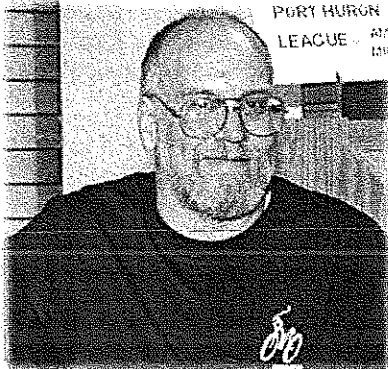


Mimi



Julie

Bill Sez... Once upon a time, the Clinton River bduemlin@parkut.com Riders were able to purchase a baseball type club jacket. These jackets are not riding jackets, but casual jackets to style about town in. Bill's jacket was pretty worn from all of his styling about town and he decided to have another jacket made. If you are interested in one of these jackets, please let Bill know as he has some group pricing from the manufacturer.



old new
Clinton River Rider
'style about town jackets'

MORE RIDES

June 29 Ride the Charx! Bike ride around Lake Charlevoix

Routes: 62,40,20

Registration starts at 7am and rides start and finish at the pavilion at Veteran's Park on Lake Charlevoix in Boyne City.

North Country Bike Club

232 Water St. Box 138

Boyne City, MI 49712

(231)582-4030

www.lmb.org/nmb

email servaispm@aol.com

July 13-14 MS 150

150,175,200 mile routes

\$75 fee

Fully catered, fully supported

National MS Society

Andrea Sakalauskas

248-350-0020 ext.204

www.nmssmi.org or see Bob

Crowley for more info

July 13 One Helluva Ride

Chelsea, Mi 39,54,63,76,100 or

34 mile off-road Rolling terrain

Snacks, live music

Ann Arbor Bicycle Touring

Society

734-913-9851 www.aabts.org

ohr7132002@aol.com

July 20 Holland Hundred

36, 67, 100 mile routes

Free pancake breakfast, free chain ferry

service, free shower facilities, on-site Friday

night camping.

800-315-4535 or 616-394-0000 www.holland.org

email: info@holland.org

August 18 Assenmacher 100

Schwartz Creek, MI

20,32,50,64,100 mile routes

Good rural routes that are generally low traffic and flat.

Genesee Wanderers Bicycle Club

Matt Assenmacher 810-635-7844 M-Sat/9:30-6

ride531@Assenmachers.com

Happy Anniversary...

2002 is the 10th anniversary of the "Crying Towel" becoming a member of our club. Steve Morauski had received 'the towel' from Mike Feldman for his 50th birthday. Steve had put the towel in his van and had planned to use it to wipe down his bike. He was standing by his van getting ready for a ride and George Zloitro came by whining about this and whining about that. Steve whipped out the towel and gave it to George telling him that this was the Clinton River Riders crying towel and he had to keep it until he could give it to someone who was whining more than he was. George immediately found someone else whining and passed them the towel.



That was the start of a tradition that has been celebrated in our club for the past 10 years. Some members of our club pass it on immediately and some like to keep it for awhile, cuddle with it, wash it, and generally provide it with tender loving care. As you can see, he is in good shape and ready to cheer up the next 'whiner.' It has been generally accepted that the towel should be passed only on Clinton River rides, but it has also been generally accepted that the person who has the towel can make up their own rules. The person in possession of the towel can keep it secret and just when you're whining about the weather or the family or whatever.....BAM.....you're going to get it! So, go out and BE HAPPY, and if you get caught whining and the towel gets passed to you, laugh, cry, whatever you want, and pass it on to the next member who needs to be cheered up.

Birthdays

We're updating the birthday list. E-mail or snail mail your birthday (year not necessary) to Marilyn Tarantino and we'll celebrate you in our newsletter

Slide Show

Sue Pavlat will be showing her slide show from the Awards Banquet last year at the July meeting. For those of you that missed it, this is a must see. For those that saw it, this is a special treat. See you there.

New Members

Alicia Hobbs
Ellen Hobbs
Don Zimmer

Welcome to our club. We are social, as well as being fitness oriented. Have fun.

Thoughts and Prayers

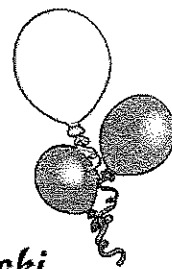
Nancy Duemling is having surgery this month and will not be able to ride this summer. Please keep Nancy in your thoughts and prayers and send her a card to let her know you're thinking of her. Nancy has worked hard on various projects with the club including BWR and we look forward to riding and working with Nancy after her recovery.

Happy Birthday...

to our members

July

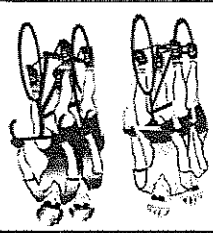
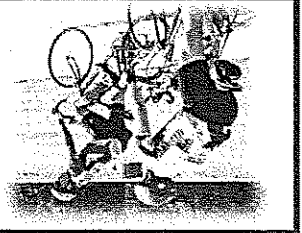
7/03 Bruce Carlson
7/09 Kathy George
7/17 Peter Bosma
7/21 Robin Barton
7/23 Karl Johnson
7/29 Donna Burczyk



We had thank you's from:

ADVENTURE CYCLING - for our donation of \$100 to sponsor 1 mile of the Lewis and Clark route.

AMERICAN LEAGUE OF BICYCLES - for our donation of \$900



Gary & Jan Haelwynn
 41706 Merrimac
 Clinton Twp, MI 48038

Deb Angst
 8676 Community Blvd.
 Warren, MI 48093



MEMBERSHIP APPLICATION FORM
 Clinton River Riders Bicycle Club

Make check payable to:
 Clinton River Riders
 Mail to: 36558 Moravian
 Clinton Township MI 48035

\$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 FULLY 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, advisors, 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)

