

# Rambler

June 1998

## Area rail-trail a possibility

The inside track on living fit, feeling good, and looking great; Clinton Twp. to join?

By Dee Whitmore

Deserted rail lines are experiencing a renaissance of sorts - transforming from weed-infested abandoned rails to grass-and-flower-lined fitness trails. And earlier this year, the nonprofit Rails-to-Trails Conservancy reached a milestone: the renovation of 10,000 miles of tracks.

Any Clinton River Rider, or other cyclist for that matter, who has enjoyed the P.A.L.M. ride (now in its 17th year) can appreciate the work of the Rails-to-Trails folks. Many of the P.A.L.M. routes follow along abandoned railways and converted "rails to trails" areas.

Last year, more than 100 million walkers, runners, cyclists, and inline skaters took strolls and spins on the rail-trails, which are given makeovers with the help of local government agencies and community volunteers. Clinton Township is looking into just such an undertaking. Affiliated groups are tackling more than 1,000 additional projects in all 50 states in 1998.

Rail-trails aren't just a boon for active folks who love the outdoors; they're contributing to the economic revival of small towns as well.

Case in point: Valentine, Nebraska. Nora Huscher opened her adventure-outfitter store, Yucca Dune, to serve the people who use

Nebraska's Cowboy Trail — one of the rail-trail network's longest projects.

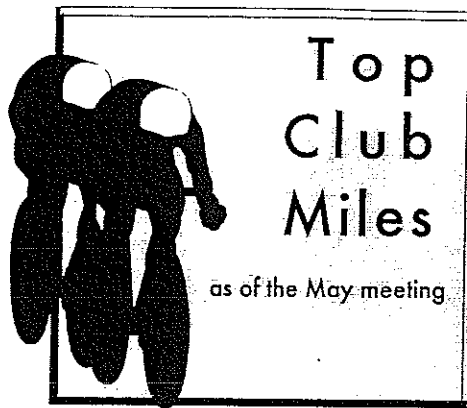
"Our vision was to serve people who used the trail, and business has been surprisingly good," Huscher says. "We didn't realize how many people would be using it. We've got cyclists and horseback riders, and we anticipate cross-country skiers and snowshoers this winter."

If you're interested in helping to renovate a rail-trail in your area or want to find one near you, visit the Rails-to-Trails Conservancy's website at [www.railtrails.org](http://www.railtrails.org), or call (202) 331-9696.



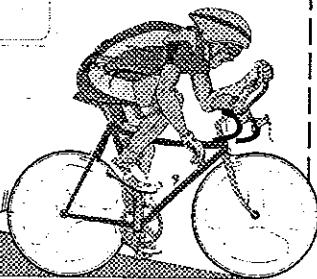
Dee wrote this article as part of some work she is doing for cable's Channel 5.





1	Freeman	Sandy	879
2	Lajack	Will	658
3	Jones	Rick	499
4	Benard	Jane	389
5	Switney	Dave	325
6	Freeman	Mike	324
7	Wiseman	Sharon	309
8	Angst	Steve	308
9	Moorman	Patrick	290
10	Moorman	Susan	259
11	Green	Gary	250
12	Noyes	Eric	231
13	Duskey	Darlene	216
14	Schultz	Julia	204
15	Pressley	Michael	203
16	Haelewyn	Gary	195
17	Gondert	Ted	193
18	Bartels	Jerry	192
19	Braun	Eric	165
20	O'Connor	Glenn	161
21	Jones	Sheila	143
22	MacDermaid	Douglas	139
23	Meerhaeghe	Art	139
24	Tarantino	John	136
25	Giannosa	Jack	133

879 miles  
Sandy Freeman



## C R R R i d e s

### *Mondays*

Except for the first Monday of the month, meet Diane Baker at 6:30 p.m. at Rockwell Elementary school (Masonic between Hoover and Schoenherr in Warren) for a 20-25 mile ride at 12-14 m.p.h. or the pace of the slowest rider.

### *Tuesdays*

Meet John Tarantino at Prestige Cycles (Moravian, east of Garfield) at 6 p.m. for a 25 mile ride to Metro Beach at 15-17 m.p.h.

Need to train for something fast? Meet Jerry and Sue Pavlat or Rick Jones at the MSU Management Training Center (Square Lake, east of Crooks) at 6 p.m. for a fast 30 mile ride. This could get you fit in a hurry.

### *Wednesdays*

Ride 25 miles with Dave and Gail Komendera (covering for Gary H.) from the Kmart headquarters parking lot (Coolidge & Big Beaver) at 5:30 p.m. Though currently a 14-16 m.p.h. ride, the pace picks up as the season progresses.

### *Thursdays*

Meet Rich Okerhjelm at Prestige at 9:30 a.m. for a gentle morning ride to Metro Beach. 25 miles at 14-15 m.p.h..

Art Anderson will lead you on a 40 mile, 4 hour mountain bike ride from the Stony Creek boat launch. Show up at 2 p.m.

Join Sandy Freeman and Marilyn Tarantino for laps around Stony Creek from the boat launch. Sandy begins at about 3:15 p.m., Marilyn joins in at 5 p.m. Start at these times or join them when you can on successive laps (every half hour). Pace is 12-14 m.p.h.; you will not be dropped.

Ride to Cranbrook from Cycle and Fitness (on Washington in Royal Oak) at 6 p.m. with Rick Jones, George Zloistro, or Will Lajack. Pace is 14-16 m.p.h. for 25 miles.

Bill and Diane Baker lead a 10-14 m.p.h. ride from Parkut at 6:30 p.m. Pedal for 15-20 miles with great conversation. Parkut is on Production Drive, east of I-94, north of North River road.

### *Fridays*

Meet at Marter and Jefferson for a 25 mile ride to Grosse Pointe at 16-18 m.p.h..

### *Saturdays*

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

## BWR Update

The Blue Water Ramble, our very own ride, will roll October 4. However, we still do not have a food chief. There is the consideration to hire an outside source to handle it. That would cost us more than if we did it ourselves. If you do not agree with this, recruit or volunteer yourself for this ever important position.

## Lab Rides

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. Rally West 1998, July 3-6:** "A Rider's Paradise." The natural wonders of Oregon, from forest roads along the backbone of the Cascades to Crater Lake and the breathtaking coastline, mean the length and beauty of your rides are limited only by your imagination. Proudly co-hosted by GEARS (Greater Eugene Area Riders). For a registration brochure, call 202-822-1333.

**L.A.B. GEAR North & National Rally, August 14-17:** "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](mailto:bikevent@aol.com), or visit the web page at [www.bikeleague.org](http://www.bikeleague.org).

## Other Rides

**100,000 Metre T-Shirt Ride**, June 6 in Grand Ledge.

**Farm Lake Tour**, June 7 in Monroe. Hosted by the Cycling Saddlemen Bicycle Club.

**Tour de Cure**, June 14 at Island Lake State Recreation Area. Benefits the American Diabetes Association. Registration: \$20 or \$25 DOE plus \$75 in pledges. 1-800-TOUR-888

**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.

**MS 150**. July 11 & 12. New routes, new options this year. \$35 late registration plus \$150 in pledges. (Or volunteer to ride the route. Three spots were available at the last meeting.)

## How to use road warnings

It is important to remember and use the following warnings correctly. We can do our part to maintain safety on the roads, and perhaps gain respect from vehicles. Yes, in most cases that may be a long shot, but it will help in the long run as the issues of bike lanes and fitness trails continue to gain attention.

Use "bump", "hole", "gravel", "glass", etc. only when there is a clear danger to the rider following you. When numerous holes, bumps, etc. exist on the road, then "rough road" is sufficient. Any rider calling a hazard must identify the hazard and where it is located.

Say "slowing", "braking", "right or left turn", etc. when the change in motion is substantial. Snapping the brake levers may be used in place of "slowing" or "braking" in non-emergency situations.

"Car back", "dog right or left", etc. should be used only when the object represents a clear hazard to other riders. "Car back" should be used only when a motor vehicle approaching from the rear will have difficulty passing. The purpose is to warn the riders in the front to merge.

On heavily traveled roads, a single line should be used, and each rider should assume the cars will be passing.

Enjoy the ride!



# Commuting proves to be a worthwhile experience

Mr. Redevelopment visits my neighborhood

By Dave Switney

**H**ave you noticed your neighborhood changing? Are there new homes going up, more traffic on the streets, more traffic lights? Does it still take you 20 minutes to get to work or more? Can you leave work and get home in 20 minutes or more? Is your route to work dependable week after week or is it barricaded by more construction detours or more barriers?

More, more, more, used to be the sound my kids would make every time I went to a store. Now it's me saying it without even leaving the house. It's got to change, or.....

Wait, rather than "IT" changing, maybe "I" can change, just a little... something "I" like to do... Hmm... Why not bike to work? People in our bicycle club say they do it. I don't see them, but they say they do... hmm.

It's not for me. I can just bike around Stony, it's more challenging anyway. But I would just like to try it one time. Yeah, that's it, I'll do it one time and then I can say I did it.

After all, I did say I could ride my first tour two years ago, and last year I said I could ride 50 miles and I did them both. I want to ride my first 100 miler this year, and I'm training for it. Why not ride to work just once to say I did it? Hmm...time is kind of short to train for the century.

How would I get to work, which route should I take, what time do I need to leave, where will I put my bike? I've got to clean up; which clothes should I wear? Boy, this is more complicated than doing my 100 miler. Let's forget it; people at work would say I'm crazy anyway.

Phew, almost made a "big" mistake there. I

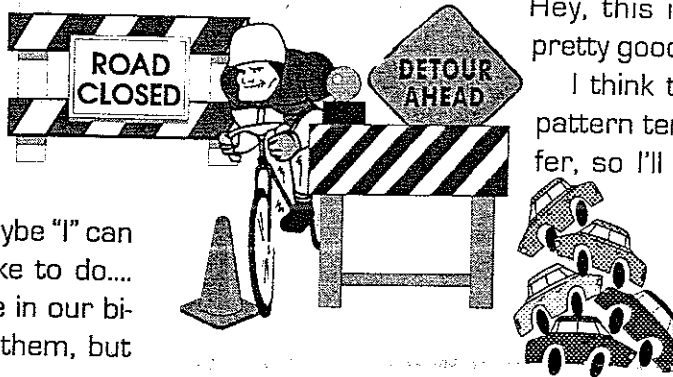
have to be able to say I did it at least once. That's why I'm training for my first century! I've got to be able to say I did a 100 miler. OK! I'll do it, but it looks like it will take a bit of planning on my part - strategy and training, just like the 100 miler.

What route? I could get in some training miles for my century by riding through the subs to find a route to work or I could ride at Stony. There's a shoulder which goes all around the park that I could use to practice riding in traffic. Riding defensively sure takes concentration, but not bad.

How much time to allow? Now that I know how to get to work, I wonder how long it will take. Again, more training miles just by doing it.

Hey, this is getting pretty good now.

I think the traffic pattern tends to differ, so I'll drive the



route a couple of times to see what it's really like. Hmm... I should allow time for a flat, but I've never allowed time for a flat in a car, for an accident. Okay... just extra time for whatever.

What about bike storage? I talked to Human Resources at work and they said I could put it in the janitor's closet or lock it up outside.

How do I clean up? I can use the washroom, and allow extra time for that, and bring a wash cloth and towel. Just once so I can say I did it!

Where to put my clothes? I'll roll them up and take them with me in a - aaah - that old backpack, it will do.

That about does it, except I'm still not sure... hmm. A trial run! I'll bike there on Saturday just to see what it's like. Hey, it wasn't bad, really a lot easier than I thought. Okay, when will I do it? Hmm... How about Friday, it's casual day at the office - perfect - wrinkled clothes are in!

It's the day! Hmm... pretty smooth so far, this is relaxing too, no traffic jams, no frost to scrape either. The air feels so fresh... so invigorating... Wow... listen to those birds... I didn't know there were so many around.

Boy... I "DID IT"! I feel... "GOOD"! Everyone's asking me if I'll do this all summer, everyday. Well, maybe... someday! For now, Mr. Redevelopment has visited my neighborhood and it's OKAY! Who knows, you may be the inspiration for the next fellow rider.

May was bike to work month. Did you try it?

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## **BWR needs proud volunteers**

*By Gary Haelewyn*

Ever hear the saying "Too many cooks spoil the broth"? Well don't count on it applying to the first Sunday this October.

That is the day our club feeds over 1,400 hungry riders of all sizes and shapes. It's the day of the Blue Water Ramble, the grand finale of bicycle rides for the 1998 season.

You won't find any ride throughout the year that attracts more club members. Why? Because your pride is on the line. The Blue Water Ramble is a reflection of you, a Clinton River Rider. As long as the club has been in existence, it has had a very dedicated membership to the Blue Water Ramble. The BWR is our gift to the cycling public and we always give the best.

But it doesn't just happen on that first Sunday in October. It starts many months before with groups of members planning different phases of the ride like routes, applications, T-shirts, patches, menus, advertising, customs authorizations, ferry tickets, notifying local governments, schools, agencies, painting road markings, buying food, cashing checks, paying bills.

Yes, there is a lot to do, and a lot of members are needed both before that first Sunday in October and on the day of the ride.

When you get that call asking for your help, be there with both thumbs up.

## **Is there an award in your future?**

### **Mileage and participation awards criteria**

You must be a member as of June 1 to qualify for 1998 awards. You must participate as a worker for the BWR either prior to or on day of ride. You must participate in at least 20 club functions. Your name must be legible on sign-in sheets. Please print! The cycling period runs from December 1, 1997 to November 29, 1998.

### **Mileage Awards:**

You are self-monitored. You must submit your miles ridden YTD totals at four times during the year via club meetings, phone or mail to Will Lajack. 10% of total miles must come from club rides, which include club invitational and all club rides on the hotline and in the newsletter.

### **Participation Awards:**

They are based on the point system from club sign-in sheets. Club officers - 5 points. BWR committee heads - 4 points. Club ride leaders and co-ride leaders - 3 points. Each club ride, club event or meeting attended - 1 point. Ride leaders and riders on invitational rides - 1 point.

### **Youth Awards:**

Awards by age 15-18, 11-14, 10 and under as of June 1, 1998. You are self-monitored. You must submit your miles ridden YTD totals at four times during the year via club meetings, phone, or mail to Will Lajack.

### **Commuter Awards:**

The program is self-monitored; keep track of the number of days you commute to work. You must submit your commute days four times during the year to Will Lajack via the meeting, mail or phone.



# Bike lane projects gaining attention

The issue of bike lanes has been given greater attention lately. Articles on the subject can be found in newspapers, with plenty more on the Web - like chat groups and other interactive ways to advocate.

As cyclists, we need to be informed of the pros and cons of bike lanes, and understand road planning so that we can represent our views intelligently. This approach can advance the respect for us.

There is a great article\* on the subject of bike lanes on the CBS Bike America page.

Unfortunately, it can't be reprinted here in any length because CBS is pretty adamant about the copyright law and will pursue anyone they find who violates it. As for permission, it would most likely be denied, according to their document.

Basically, the article brings to mind the good and bad points of bike lanes. For example, consider that bike lanes could collect glass and other debris, causing cyclists to veer into vehicle traffic to avoid it. The lanes can also lessen cyclists'

right of way and make changing lanes and other movements risky. Also, is it really worth it to build bike lanes or paths if cities aren't consistent? Some lanes or paths end abruptly.

The Rambler editor will bring her copy to the meeting for those who don't have Web access. The CBS site does include several links to related sites: Planning For Bicycling<sup>1</sup>, Bike Plan Source<sup>2</sup>, and Chainguard Online<sup>3</sup>.

Since Planning for Bicycling allows reprints, the following copy can get you started on bike lane advocacy.

Reprinted is the first portion, which lists comments about bike lanes and paths. This feature will continue in the July issue with recommended solutions. That issue will also contain a coupon taken from the Road Commission of Macomb County's report. With the coupon, you can voice your opinions about road safety, etc.

\*To read the CBS article, see [http://www.cbs.com/prd1/now/template.display?p\\_story=37153](http://www.cbs.com/prd1/now/template.display?p_story=37153).

<sup>1</sup><http://home.on.rogers.wave.ca/bikeon/planning.html>

<sup>2</sup>[www.bikeplan.com/index.html](http://www.bikeplan.com/index.html)

<sup>3</sup>[www.serve.com/bikesrvs/chainguard](http://www.serve.com/bikesrvs/chainguard)

## Planning for bicycling

**Make Your Community Safe And Attractive For Bicycling So Cyclists Can Travel With Speed And Safety Almost Everywhere That The Road System Goes**

### Not on Bike Lanes

- Bike lanes complicate turning movements (the source of most bicycle - car accidents) making them more dangerous.

- Cyclists must overtake cars on the right, in the driver's

blind spot.

- Two way bike lanes permit bicycles to go in the opposite direction from where motorists are looking for traffic.

- Bicycle lanes are more likely to collect gravel, glass and garbage.

### Not on multi-use recreational paths

- Bicycles are not compatible with pedestrian traffic.

- In order to be safe, cyclists must move at the speed

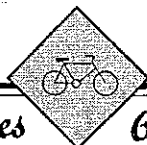
of pedestrians.

- Recreational paths do not provide direct fast routes desired by cyclists.

- Recreational paths can provide an enjoyable park experience and help beginners develop cycling skills.

Reprinted courtesy of Bike ON Tours- Ontario Canada- Route Guides for Bicycle Touring- Consulting- <http://home.on.rogers.wave.ca/bikeon>

Recommended Approach next month!



## 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

1128 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

Wanted: Bike box to transport Cannondale tandem. For use during two weeks in September. If you have one and are interested in loaning or renting it out, please call David Henry (248) 848-0515.

## 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!

Anderson, Art 6/24  
Anderson, Wendel 6/26  
Angst, Jaclyn 6/30  
Bartels, Aletha 6/05  
Brickner, Laurie 6/21  
Carolan, Kirk 6/27  
Courter, David 6/17  
Davis, Chris 6/13  
Dyer, Rich Jr. 6/30  
Freeman, Sandy 6/16  
Gostin, Ed 6/06  
Graham, Sue 6/16  
Heck, Heidi 6/10  
Kamm, Lorie 6/23  
Komendera, David 6/21  
Komendera, Gail 6/07  
LoPiccolo, Frank 6/20  
Maliszewski, Chris 6/02  
Meerhaeghe, Carol 6/25  
Ostrowski, Rich 6/29  
Podkowa, Nancy 6/05  
Rosiek, Ken 6/10  
Schmidt, Denise 6/19  
Schultz, Breanna 6/08  
Smith, Trevor 6/19  
Switney, David 6/17  
Windhorst, Julie 6/28

## Clinton River Riders

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**Next Meetings:**  
June 1  
July 6  
@ 7 p.m.

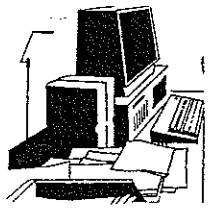
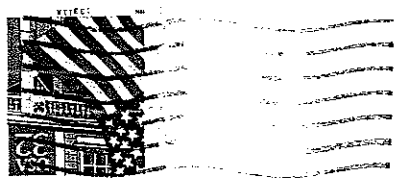
Mt. Clemens Recreation  
Center, 300 Groesbeck  
[next to the ice arena]

BIKE  
XING

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



36558 Moravian Clinton Twp. MI 48035



### Press Box

Rail trails. Bike lanes. Commuting. Strangely, this issue has turned into a special edition of sorts, bringing together many facets of cycling to intersect within one statement: biking is hot. We already know that, but the world is now taking notice. Hopefully that will mean more opportunities and

better treatment from vehicles. Or at least law enforcement officials.

So far, I haven't heard of any bike accidents this month, and that's good.

Marilyn Tarantino is on the treat list for June, but we don't have any yummys for July and August yet. Save us from a treatless meeting.

**I need to move up the deadline** for newsletter information, due to demands on my time. So, if you could **get the information to me at the meeting or the week following**, I'd appreciate it! Thanks.

And finally, Happy Birthday to those May birthdays: Gerald Bartels, Liz Bartlett, Denise Bartley, Eric Braun, Andy Brehler, Debbie Cavender, Luke Cavender, Bill Cleland, Marilyn Drellishak, Rich Dyer, Pam Dyer, Matthew Dyer, Mike Gemus, Ted Gondert, Karen Hammer, Michael Holden, Roger Johnson, Jim Mckinnie, Steve Morauski, Kevin Morrison, Duane Nieman, Colleen O'Brien, Kevin Ostrowski, Doug Pizak, Moira Smith, Sandra Studebaker, Katie Thoenes, and Rosemary Woodby.

