



Rambler

July 1998

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Interaction

Editor Email:

jhenry@advdata.net

KGDM63D@prodigy.com

I won't be Jan Henry until September, but the account I use for my Prodigy address will probably be canceled soon. I have a temporary AOL account, but David has set up my future account in advance of my move. It's easier to just skip ahead to it because I would switch to the jhenry address in two months anyway. Please send to both for the next month to ensure I get your information. Thanks! Jan.

Free helmets may save bike riders' lives

By Jason Sweeney
Macomb Daily Special Writer

The Clinton River Riders bike club has decided to help others help themselves.

And it might save a life.

The group, based in Clinton Township but with members throughout Macomb County, is going to put more cyclists in helmets.

Last year, the nonprofit bike group used the money it raises from the yearly Blue Water Ramble to reward helmet wearing cyclists in the Metroparks with free pop and a chance to win a new mountain bike.

This year, in conjunction with Stony Creek Metropark, the group is giving away helmets to bikers that are in need on the trails of the park.

There won't be a specific place or day for someone to go get a helmet, said John Tarantino, one of the bike club's leaders.

CRR helmet program captures media attention

"The rangers will stop kids without helmets, and ask them if they would wear one if they had it, and if they understand why they should wear one," Tarantino said.

The lucky recipients will receive one of 35 gift certificates for a bike-helmet valued at approximately \$50, and will be taught how it should work when they renew the voucher.

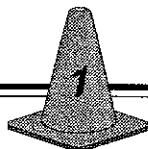
The certificates can be redeemed at Prestige Cycles, Clinton Township, which worked as a go-between for the Clinton River Riders and a helmet manufacturer.

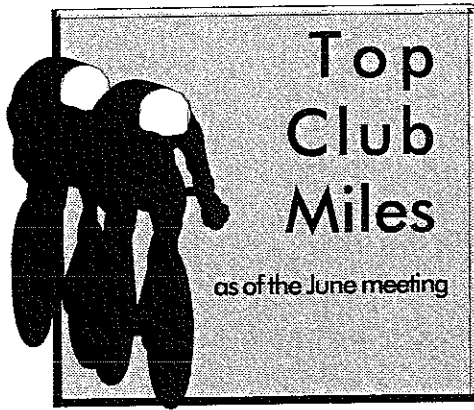
As to why they are giving away their money this way, Tarantino said, "It's common sense," and that everyone who bikes should wear a helmet.

Tarantino is probably right, too.

Latest numbers from a study

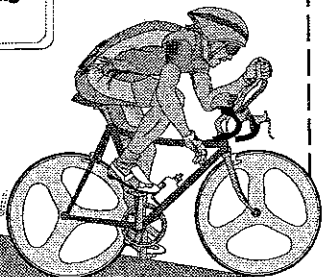
See page 4 to continue
this Macomb Daily article





1	Freeman	Sandy	1336
2	Lajack	Will	1062
3	Jones	Rick	1001
4	Angst	Steve	692
5	Benard	Jane	598
6	Green	Gary	592
7	Bartels	Gerald	534
8	Moorman	Patrick	508
9	Graham	Tom	501
10	Jones	Sheila	482
11	Moorman	Susan	446
12	Komendera	David	425
13	Switney	Dave	419
14	Freeman	Mike	418
15	Wiseman	Sharon	403
16	Pressley	Mike	391
17	Angst	Debbie	372
18	Bach	Loren	349
19	Meerhaeghe	Art	340
20	Dyer	Rich	325
21	Duskey	Darlene	317
22	Noyes	Eric	311
23	O'Connor	Glenn	290
24	Tarantino	John	285
25	Giannose	Jack	274

Sandy Freeman
- still going -
1336



CRR Rides

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 17-19 m.p.h. There will also be a slower-paced ride at 14-16 m.p.h. for 25 miles.

Want hills? Meet Jerry and Sue Pavlat or Rick Jones at the MSU Management Training Center (Square Lake, east of Crooks) at 6 p.m. for 35 miles of very fast bicycling.

Wednesdays

Ride 30+ miles at 17-20 m.p.h. with Dave and Gail Komendera (covering for Gary H.) from the Kmart headquarters parking lot (Coolidge & Big Beaver) at 5:30 p.m. If this sounds too fast, let them go - and take a 25 mile ride with Gary Green at 14-16 m.p.h. Both groups meet for dinner afterwards.

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 6:30 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. Arrive a little before 6:15 if you would like to learn the basic skills of effective cycling. The club has voted to cover the expense of up to ten course books at a cost of \$10 each, for interested EC students. Each week you will learn more until it is time to take the written and road tests.

Fridays

Meet Jane Benard at 6:30 p.m. at Marter and Jefferson for a 25 mile ride to Grosse Pointe at 16-18 m.p.h.

so no one feels cheated. The round trip is 46 miles.

Sundays

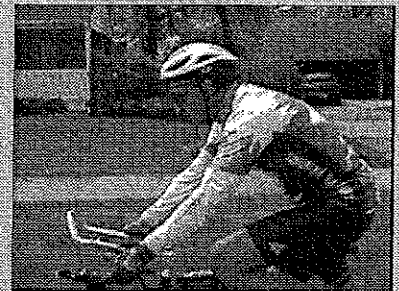
Call Bill Duemling at (810)

and the North Eastern United States.

Contact Brendan Ginter at 416-426-7241 for entry forms. **MS 150.** July 11 & 12. New



Thursday Cranbrook ride



RIDER DATA

Who: Gerald Bartels
Bikes: 2 Softride, 4 3-speeds, 1 Burley tandem, 1 Trek - are a few
Last major ride: 102 miles, Mt. Mitchell, North Carolina
Occupation: retired, a year now
What are you doing now?
Training for the Senior Olympics.
His secret: Says he didn't get started exercising until he was 65, so he hasn't worn out sooner!

Spied on
the ride



Saturdays

Meet Mike and Sandy Freeman the Stony Creek boat launch at 8 a.m. for a ride to Armada for breakfast at 16-18 m.p.h. There may be a second, faster group. For your riding enjoyment, there will also be a third breakout group: The slower group will ride 14-16 m.p.h. on a shorter, flatter route so they can arrive at breakfast with the faster riders. The slow ride will do more miles and ALL the hills on the return trip, just

752-6310 or Diane Baker at (810) 739-0261 for information on a relaxed Sunday morning (8:30 a.m.) ride of 20-25 miles in the Romeo area.

Other Rides

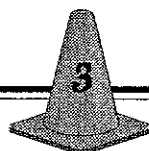
Great Ontario Cycling Rally, July 3-5 in Guelph, Ontario. Brought to you by the Ontario Cycling Association.

The Rally is a three-day event that will bring together all facets of the cycling community from across Ontario, Quebec

routes, new options this year. \$35 late registration plus \$150 in pledges. (Or volunteer to ride the route. Check with Rick Jones.)

L.A.B. GEAR North & National Rally, August 14-17: Proudly co-hosted by the League's 100% club, the Charles River Wheelmen.

For more information on this or any LAB event, call 202-822-1333, Email bikevent@aol.com, or visit the web page at www.bikeleague.org.



Planning for bicycling

conducted by AAA and the U.S. Consumer Product Safety Commission surveying children and looking at statistics indicate more than half a million children find themselves in hospital emergency rooms, or in their doctor's office due to a bike accident.

The study said that children aged 5 to 14 have the highest rate of accidents on bikes.

The study also revealed only about 40 percent of children regularly wear helmets while riding bikes.

Tarantino said, "It's about example. I see families riding together, and the kids are forced to wear helmets, or go without just like their parents do."

He said he has seen experienced bikers fall and crack their helmet apart, but get up and walk away because it was just the helmet that cracked.

Regardless of whether children think helmets are cool, everyone may have to adjust to wearing them. In Kensington Metropark, all skaters and cyclists must wear helmets, or are turned away. The rule was the result of a few serious bike accidents at the park, but the new rule may be instituted at all the parks.

Recommended Approach

Build roads to accommodate bicycles with 14 to 16 foot lane widths depending on motor traffic speed.

Address hazards such as rail crossings which are not perpendicular.

Encourage safe cycling. Encourage stores to provide safe convenient bicycle parking.

Encourage employers to provide secure bicycle parking, lockers and showers.

For additional information, read *Bicycle Transportation* by John Forester.

We Can't Say It Better.....

"Adequate width is fundamental to safe, low-stress, on-street bicycling. Though commonly overlooked, this one provision can make the best overall improvement for bicycles on-street and also makes for a great overall transportation system improvement (trucks, buses, right turning vehicles etc.).

Provision of adequate width, whether via widened outside lanes or viable shoulder widths

can reduce maintenance needs at the pavement edge (where cyclists typically ride).

Trying to find a place among buses, trucks and auto traffic in narrow lanes can prove daunting for bicyclists resulting in conflicts, fear of bicycling and the preference for other modes of transportation.

However there are roads and bike routes that are tremendous for on-street riding, taking cyclists to places of work, commerce and delight. Planning of viable routes by none other than experienced cyclists with realistic expectations of facility design features, system 'bikeability' and cyclists' behavior can result in valid accommodation of fundamental bicyclists needs."

[James P.E. MacKay, Civil Engineer, Bicycle and Pedestrian Planner - City of Denver Good Design/Bad Design in *The Bicycle: Global Perspectives*, Velo Quebec 1992]

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

So, what do you think? Between the information in part one from June, and part two of the article this month, do you have any ideas for our Road Commission, our engineers, our lawmakers?

Take a minute to fill out this coupon, which Gary Green discovered in the Macomb County Commissioner's report. We should have some pretty important things to say.



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

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:

jhenry@advdata.net

KGDM63D@prodigy.com

CRR Website:

[www.msen.com/
~duemling/crr/crr.html](http://www.msen.com/~duemling/crr/crr.html)

LAB Website:

www.bikeleague.org

LMB Website:

www.lmb.org

Prestige Cycles:

www.prestigecycles.com

Treat List for meetings, 1998

July: Donna

August: Bob Latsko

September: Darlene Duskey

October: Don & Linda Dahlke

November: Doris Mulligan

December: Dave & Gail K.

Happy Birthday!

Birthdays will return.

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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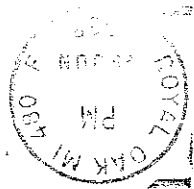
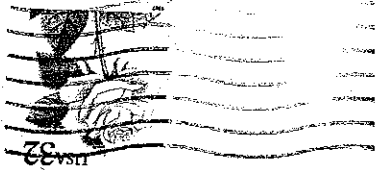
Next Meetings:

July 6
August 3
@ 7 p.m.

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

95035+2275

GARY HAZELWYD
41706 MERRIMAC
CLINTON TWP, MI 48038

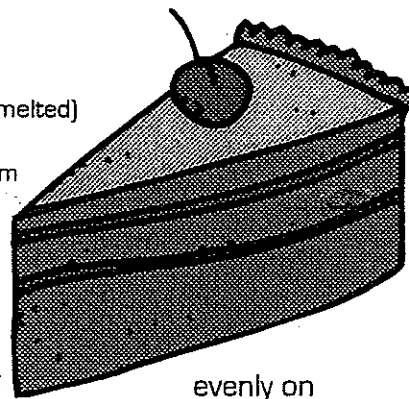


36558 Moravian Clinton Twp. MI 48035

Cinnamon Cheesecake

By Marilyn Tarantino

- | | |
|----------------------------|--------------------------------------|
| 2 pkgs. crescent rolls | cinnamon/sugar mixture |
| 2 8 oz. pkgs. cream cheese | 1 stick butter (I use less) (melted) |
| 1 cup sugar | 1 tbsp. vanilla |
- (if you use alot less butter for the top, spray your pan with Pam before you start)



OVEN 350 - bake 35 minutes

In a 9x13 pan, place 1 pkg. of crescent rolls in bottom of pan flat. Mix the cream cheese, sugar and vanilla with a mixer thoroughly. Place & spread evenly on top of the crescent roll in pan. Place the other pkg. of crescent rolls on top flat. Sprinkle cinnamon/sugar mixture on top and pour melted butter over it. Bake 35 min. 350 degrees. Let cool. Enjoy!

