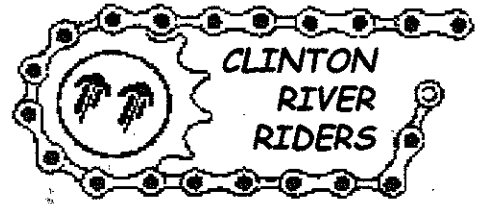


August 2001
The Rambler



Bob & Kathy George will lead dual-pace "Tour de City" Sunday, Sept. 2

Long Tour

Meet at 8:30 a.m. at Macomb Community College, corner of 12 Mile and Hayes. We will ride to Belle Isle where we will meet the folks doing the short tour. Along the way we

will travel through the Grosse Pointes, stop at the Fisher mansion, ride by the Manoogian mansion, and pass through Indian Village. The pace will be 14-16 mph.

At Belle Isle we will meet up with the group doing the short tour and will ride at a slower pace as we tour downtown Detroit with a lunch stop in Mexican Town at the El Zocalo Restaurant. After our lunch and



"Tour of Downtown" the short tour will return to Belle Isle and the long tour will return to the starting location by way of Hamtramck. Total distance: 55 to 60 miles.

Short Tour

Meet at 10:00 a.m. at the Belle Isle Casino. We will ride around Belle Isle until the long tour meets us at approx. 10:30-11:00 a.m. After returning to Belle Isle you can add additional miles if you wish. Total distance: 15 miles plus whatever you wish to ride on Belle Isle.

Need more info? Call Bob and Kathy at 810-463-6058

Cookin' with the Clinton River Riders *Submit your recipes for Club cookbook!*

All those great recipes we share at potlucks throughout the year will soon be available at our fingertips, in a brand new Clinton River Riders cookbook.

Jerry Pavlat is the coordinator for this project, gathering recipes and compiling them into a booklet. Take a moment to submit your favorites, from salads to main dishes, sides, and desserts – or even one of each. This cookbook will include a little bit of everything!

Take a few minutes to type up your favorite recipe, and mail it to CRR COOKBOOK, 6383 Eisey Drive, Troy MI 48098, or send it via email at tandemdepo@aol.com

Sept. 15 is deadline for Awards Banquet photo submissions

Sue Pavlat has again agreed to create one of her spectacular "year-in-review" slide shows for the CRR 2001 Awards Banquet, December 7. However, due to her travel schedule and the early date of the banquet,

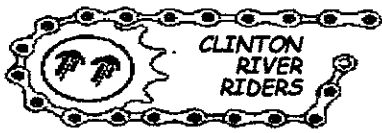
Sue needs all photos NO LATER THAN SEPT. 15!

Choose your most interesting ride photos from this year, and send them to Sue at 6383 Eisey Drive, Troy MI 48098. Be sure to put your name on the

back of your photos, and they will be returned to you.

If you have any questions on the types of photos she's looking for or the format in which you can submit them, give Sue a call at 248-828-3766.

The Rambler



The official publication
of the
Clinton River Riders
Bicycle Club

Editor: Bev Clark

Members are encouraged
to submit articles
for publication!
Submit via email to:
bclark@todaylink.com
or call 313/372-3731
for other options

CLUB OFFICERS

President:

John Tarantino
redtandom@aol.com

Ride Director:

Duane Larkin
dlarkin@todaylink.com

Secretary:

Julie Windhorst
wetandem@todaylink.com

Treasurer:

Sandy Overway
810-781-8315

League of Michigan Bicyclists

Regional Director:

Mike Sproul
MFSLMBRTC@aol.com

We're on the web:

<http://www.lmb.org/crr>

GENERAL MEETINGS

Mondays –

Sept. 10, Oct. 1, Nov. 5
7:00 p.m.

Mt. Clemens Recreation Center
300 Groesbeck Highway,
next to the
municipal ice arena

Club Ride Schedule

June/July 2001

Call the Ride Hotline for updates:
810/819-0222

To add, delete or change scheduled rides
call the Ride Director: 313-372-3731

• Helmets are required for all rides, and
front and rear lights are required for evening rides •

Monday

• 6:00 p.m. – Join Diane and Bill Baker for a 20-to-25-mile East-Side Ramble. Depart from Rockwell Elementary School, Masonic between Hoover and Schoenherr; pace is kept to the pace of the slowest rider, **NOTE:** Monday, Sept. 3 – Labor Day – will be the last time this ride takes place this season.

• 6:00 p.m. – Ride with Rick Jones from the MSU Management Center, Crooks & Square Lake Roads. A FAST, HILLY ride of 30-35 miles. Note: When the CRR general meeting falls on a Monday, this ride is moved to Tuesday for that week only.

Tuesday

• 9:00 a.m. – Ride with Rich Dyer and/or Rick Okerhjelm from Prestige Cycles, Moravian just east of Garfield, to the Metro Beach boat launch and back. 30+ miles, 16-18 mph.

• 5:30 p.m. – Ride with Rick Moorman from Prestige Cycles, Moravian just east of Garfield, to Metro Beach. 30+ miles, 15-17 mph.

• 6:30 p.m. – Ride with Duane Nieman from Prestige Cycles, Moravian just east of Garfield. 20-25 miles, 14-16 mph.

Wednesday

• 5:30 p.m. – Ride with Gary Haelewyn from the Kmart Center at Coolidge and Big Beaver Roads. Fairly hilly, at least 30 miles, 16-20 mph depending on the group.

Thursday

• 9:00 a.m. – Ride with Rich Dyer from the New Baltimore water tower. 40+ miles, 16-18 mph.

• 5:30 p.m. – Ride with Rick Moorman from the Kmart Center at Coolidge and Big Beaver Roads. Fairly hilly, 35-45 miles, 16-18 mph.

• 6:30 p.m. – Ride with Bill Duemling and Bill Baker from Prestige Cycles, Moravian just east of Garfield. 20 to 30 miles, 13-15 mph; route varies each week.

Friday

• 6:30 p.m. – Ride through the Grosse Pointes with Don & Linda Dahlke and Glenn O'Connor, from the parking lot at Jefferson and Marter. 30 to 35 miles, 15-17+ mph.

Saturday

• 8:00 a.m. – Ride from the Stoney Creek boat launch to Armada for breakfast and back. 44 to 46 miles. The main group rides 16-18 mph; differently paced groups form if enough riders attend. **NOTE:** Mike Freeman is coming all the way from North Carolina to lead a slow group on this ride on Sept. 1st!!

BWR Prep Events

Sunday, Sept. 23: Route-Marking. Meet at 8:30 a.m. at St. Clair High School. For details, contact Duane Larkin: 313-372-3731 evenings; dlarkin@todaylink.com

Monday, Sept. 23: Stuffing Party. Gather at Par-Kut at 6:30 p.m., stay until the work is done. Many hands make light work! For details, contact the Bakers, 810-739-0261; dbaker@parkut.com OR bduemlin@parkut.com

The Prez Sez ...

Marilyn & I would like to thank everyone for the goodies, cards and kind thoughts after our crash.

The velodrome donations keep coming in. We are half-way to our \$1000.00 goal. Please make some calls and remind people to support this cycling project. Always looking for volunteers. Please call Bill Windhorst - 810-939-6073.

There are extra club jerseys, shorts, winter jackets and polo shirts available. Call Sandy Overway if you're interested - 810-781-8315.

The Blue Water Ramble is right around the corner. Please volunteer to help out - call Diane Baker, 810-739-0261.

Thank you!
 - John Tarantino
 New email address:
 redtandom@aol.com

BUY/SELL/TRADE

To place a classified ad, contact the Newsletter Editor

FOR SALE:

Cannondale R400

Blue, 58 cm., d.t. shifters,
 3.0 al. frame
 \$175

Call Gary G. - 810-468-7351

FOR SALE:

1997 Trek 520

Green, 200 miles,
 STI equipped. Asking \$500
 Call Ron - 313-561-1479

FOR SALE:

Professional Racing Bikes

Peugeot - super competition
PXN 10E64; 1980; 531 Reynolds
 Frame & Fork, Pearl White

Peugeot - Triathlon **PSN
 10T64**; 1986; 980 Super Vitus
 Frame & Fork, Rose Red

Peugeot **PSV 10N64**; 980 Su-
 per Vitus Frame & Fork Metallic
 Black

Contact Bob Z. - 734-671-9322

FOR SALE:

Cannondale SR800-88

Women's road bike - Teal, 21"
 Shimano components, computer
 Excellent condition -
 Ridden 1.5 Michigan seasons.
 Paid \$780 new, Asking \$500 obo
 Call Pat: 810-794-7185

FOR SALE:

Kayak - Dagger Vesper

Solo touring kayak
 Great for lakes or rivers, over-
 night trips; fits smaller frames.
 Length: 13'10"/Width: 23.75"/
 Cockpit: 33"x18"/Wt: 45-50 lbs./
 Max Load: 220 lbs.

Expedition outfitting includes:
 stern hatch and cover, flotation
 bag, deck lines and rigging, seat
 w/ adjustable backrest and pad,
 adjustable foot braces, carrying
 toggles, molded-in graphics,
 deck rigging, stern bulkhead
 compartment, retractable
 rudder.

Color: Multi-color, Blue & Yellow
 Price: \$500

Call Bob B - 248-628-9387

NEW MEMBERS (Roster additions)

Cheers	Scott	810-783-9150	229A George Ave.	Mt. Clemens	MI 48045	cheerse@earthlink.net
Hurl	Gary	810-415-7219	33059 Mazara Dr.	Fraser	MI 48026	gmhuri@earthlink.net
Ingram	George&Jacqueline	810-752-2915	520 Driscoll Drive	Oakland	MI 48363	
Patterson	Barry&Julie	810-427-6328	11143 Dale Avenue	Warren	MI 48089	patts98@att.net
Prentis	Nick	810-491-7269	15174 Granada Plaza	Warren	MI 48093	
Taylor	Jason	810-263-1025	16935 Edloytom Way Apt. #344	Clinton Twp.	MI 48038	

ROSTER CORRECTIONS

Gerald & Marie Anderson 810-416-0175
 Dee Whitmore 810-468-4727 deewhitmore@aol.com

20023 Great Oak Circle N. Clinton Twp, MI 48036



The Clinton River Riders' finest – mountain bikers!

The charity was the "Rainbow Connection", the sponsor was the Troy Police Department, and the goal was clear: ride two laps of two miles each, on mountain bikes, and beat not only everyone in the civilian category but in the police category too. Doesn't sound like *too* much of a challenge, so (l-r in the photo above) Steve Angst, Jerry Bartels, Jerry Pavlat and Rick Jones each paid their \$20 pledge, and proceeded to beat everyone in the field ... while proudly being the oldest team in the event!

Deb Angst was trackside for the entire extravaganza, and shot the photos you see on this page. She also filed this report:



"Steve started the race and jumped out to a big lead. He was going strong until he wiped out in a rut coming out of the single track. His chain got wrapped around the crank and the whole pack passed him before he could get the chain back on. He cranked hard and got us back into 4th place.

"Jerry Bartels was steady at the helm and kept us in 4th. This was the first mountain bike race for Rick Jones and he was absolutely 'glowing' when he finished his portion of the race and moved us in to second.



"The most dramatic part of the race was the finish. Jerry Pavlat stood up and literally flew by the 1st place guy on the last hill in front of the whole crowd to win the race for the Clinton River Riders.

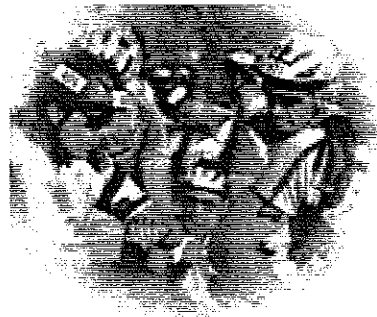
This was the funniest part of the race – he thought he was passing the 3rd place guy to put us in second place. This photo with the funny look on his face was when he found out they won!"



National 24-Hour Challenge



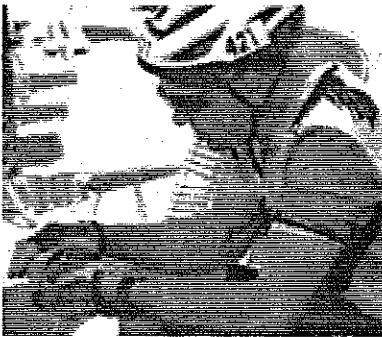
CRR members Bill Windhorst and Jerry Bartels rode the 19th National 24-Hour Challenge, presented by the Rapid Wheelmen Bicycle Club in Grand Rapids, June 16-17. This Personal Best Endurance Ride included riders from 25 states and several foreign countries, each competing



only to meet their own goals.

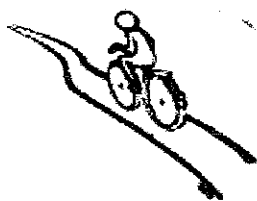
John and Marilyn Tarantino, Steve and Deb Angst, and Julie Windhorst provided support for our riders.

Bill rode 306 miles. Jerry rode 277 miles. Congratulations, gentlemen, on your extraordinary accomplishments!



Pittsburgh, PA to Alexandria, VA - Part I

— by Al Barton —



The idea of a loaded, self-contained mountain bike trip came from "Stash" and "Fast Eddie" in an email describing the latest club activities of the Western PA Wheelmen. Allow me to explain: While working near Pittsburgh in 1987-1991 I joined the Western PA Wheelmen club and went on the weekday rides. Stash and Fast Eddie were the 'sometimes' ride leaders ... they were also former squad leaders in my old U.S. Marines outfit.

The self-contained ride plan as defined by Fast Eddie called for riding on paved roads until we reached Cumberland, MD where we would pedal the Chesapeake and Ohio Canal towpath to Washington, D.C. The mileage was evenly split: 180 road miles followed by 185 miles of trail riding and then, for me, the final 14 miles to Matt's new apartment in Alexandria, VA.

The ride was scheduled to start from Robert Morris College in Coraopolis, PA on July 30. On a hot, muggy Monday morning I met Stash and Fast Eddie at a dorm parking lot. Stash looked ready to go with panniers and gear loaded on his Specialized cross bike. Fast Eddie emerged from his van and announced that due to low mileage and extremely hot weather he would be joining us in Cumberland, MD for the second half of the ride. I asked how many miles he had ridden this season and he stated "about 25" as he lit up another Marlboro. I checked with Stash and inquired about his mileage, and he mumbled something about long work hours, business travel, a high maintenance girlfriend, and time in the garden.

But, in his opinion, he was in good enough shape to handle this ride.

On day #1 we pushed off at 7:30AM. The initial miles were in heavy Pittsburgh inbound traffic. Soon, we turned onto a rail-trail path for 15 miles of easy riding — where Stash had a flat rear tire. I observed that he was riding 700X28 tires, great on the road but questionable for what was ahead. As for myself, I was riding my Cannondale MB550 mountain bike normally used for daily commutes to work. For this trip, I changed over to 26X1.90 inverted tread with Kevlar tire liners and slime filled inner tubes, because reports I'd heard about tire failure on the C&O Canal towpath were rampant.

At 11:00AM we stopped in a small village where the bank thermostat sign said 94. Stash complained that we were behind schedule and we should get moving. In the afternoon, we were on a second rail-trail when Stash quickly dismounted. There were 2 broken spokes in the rear wheel. Stash was quick on the repair but we lost about an hour. After another couple of hours we called it a day and camped in a Uniontown, PA city park. We had covered 70 miles in 8.5 hours. This first day was fairly easy and included only two moderate climbs. Stash had a 6-pack to kill the pain in his arms, back, and butt.

Day #2 started at 7:00AM because we needed to travel 80

miles. Stash warned about 6 major climbs that were ahead. It was during the fourth climb that Stash dropped far behind and I went back to see what the deal was ... and Stash then explained that his new girlfriend was Fast Eddie's ex-wife, and time "in the garden" meant long hours in the beer garden.

We slowed to an 8 MPH average due to heat, humidity, terrain difficulty, and the pain level in Stash's butt. The bank sign in Addison, PA said 98 at 2:30PM. Although I was dehydrated and weakening, we needed 30 more miles. Finally, at 6:30PM we arrived in Meyersdale, PA. We agreed to forget about putting up tents due to the heat and humidity and camped in a shady area adjacent to the local high school. Following a refreshing dip in a clear, cool mountain stream, I checked over the Cannondale and found several very loose spokes in the rear wheel. I cranked them all down and trued the wheel. For dinner, the freeze-dried meals were working out OK but Stash was not eating. I suspected heat exhaustion for both of us.

On day #3 we covered the remaining 30 road miles to Cumberland, MD in less than 3 hours with some terrific downhill stretches. Fast Eddie met us with refreshments at the terminus of the C&O Canal — and informed us that he was going back to Pittsburgh due to a work assignment. Stash stated that he was "fried" and leaving as well. The stark realization set in that from here I was going down the trail alone.

Look for Part II of Al's adventure in next month's 'Rambler'

Clinton River Riders Mileage and Participation Awards Criteria

- You must be a member as of June 1 to qualify for the 2001 awards.
- You must participate as a worker for the Blue Water Ramble, either prior to or on the day of the ride.
- You must participate in at least 20 club functions.
- Your name must be legible on sign-in sheets – please print!

The cycling period in which mileage will be recorded for 2001 is: Dec. 1, 1999 through MIDNIGHT FRIDAY, NOV. 16. (This change is due to the early date of the Awards Banquet this year.)

MILEAGE AWARDS: You are self-monitored. You must submit you "miles ridden year-to-date" totals (this is the combination of club and non-club miles ridden) to Ride Director Duane Larkin at least four times during the year at club meetings or via phone, mail, or email. 10% of your total mileage must come from club rides, which include club invitationals plus all club rides on the hotline and in the newsletter.

PARTICIPATION AWARDS: These are based on the point system from club sign-in sheets.

Club Officers – 5 points

BWR Committee Heads – 4 points

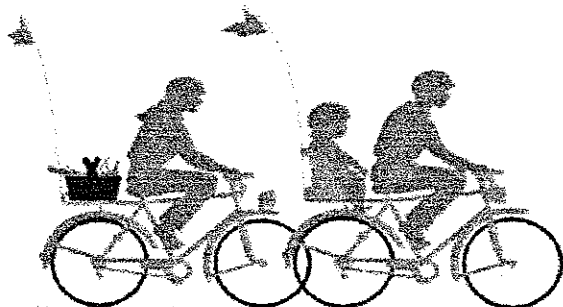
Club Ride Leaders and Co-Leaders – 3 points

Each club ride, club event or meeting attended – 1 point

YOUTH AWARDS: Awards by age as of June 1, 2001 in three categories: 15-18, 11-14, 10 and under. You must submit you "miles ridden year-to-date" totals (this is the combination of club and non-club miles ridden) to the Ride Director at least four times during the year at club meetings or via phone, mail, or email.

COMMUTER AWARD: You are self-monitored. Keep track of the number of *days* you commute to work via bicycle and submit the total at least twice during the year to the Ride Director.

Award Winners
are announced at
the Awards Ban-
quet
in December.



A Trip To Write Home About

David Bonior set out from home in August 1997 with little more than a tent, two journals and the desire to "feel the earth underfoot and have the positive, personal interactions with people ... that you don't normally get in my line of work."

Now the U.S. Representative and candidate for Michigan governor and his "pioneer spirit wife," Judy, have finished writing a book, *Walking to Mackinaw*, about their three-week, 330-mile journey on rail-trails and country roads from Mt. Clemens to Mackinaw City, Michigan.

The idea for the trip, which included the Paint Creek rail-trail and trails in Cheboygan and Mackinaw, was born when the couple decided to plan a special, memorable way to "connect our lives," says David. She's an avid runner; he's a self-described environmentalist. Hitting the trails was an obvious choice, he says. So is donating the proceeds of the book to the Rails-to-Trails Conservancy's Michigan field office, which has had the couple's long-time support.

Though politics govern the couple's life, the Congressman says the book is light on politics, heavy on the couple's shared "love of nature and concern for the environment." It's also peppered with anecdotes about the folks they met along the way.

Walking to Mackinaw
is available in local bookstores.
For more information contact
University of Michigan Press,
734-764-4394

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, 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.

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

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: () _____

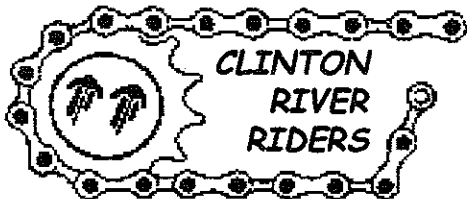
Email: _____

Family Names _____ Birthdate _____

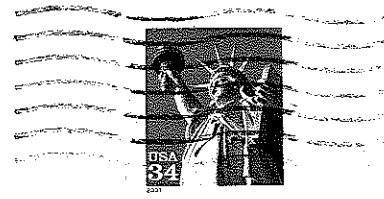
RELEASE AND WAIVER OF LIABILITY,
 ASSUMPTION OF RISK,
 AND INDEMNITY AGREEMENT
 ("AGREEMENT")

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



Newsletter Editor
 16021 Collingham Drive
 Detroit, Michigan 48205-1411



FIRST CLASS

Gary Haelewyn
 Jan
 41706 Merrimac
 Clinton Twp, MI 48038

