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## *The "RAMBLER"*

**September 2005**

## *Clinton River Riders Bicycle Club*

As the season winds down I find we have FIVE different rides for Saturday September 24th. Winding down is more like a last minute frenzy. Speaking of frenzies, ever wonder what 400+ tandems look like all waiting for a mass start in Grand Rapids? So have I, so the Jones' have sent in a picture from the Midwest Tandem Rally which ran over Labor Day Weekend.

Shiela has also submitted a few cartoons. Unfortunately the cartoons first have to go to Rick Moorman who scans them in and then emails them to me. According to Rick a couple of them must have been kind of racy as they went from Rick's jersey pocket to Sue's washing machine. The cleaner versions can be found scattered about.

Speaking of "racy", I also have a picture of Scott McGovern as he pulls club members Dave Baker and Gerry Bartels on this year's Assenmacher 100. Having just returned from a self contained bike ride around Lake Champlain with Al Barton and Bob George I ended up driving a support vehicle for Sally Palaian who completed her first century rather than riding with Scott, Gerry and Dave. I think I had a harder time than Sally as it was extremely painful to pull up to a rest stop in a Honda and watch all the cyclists arriving. Not to mention the fact that the skies were blue, the temps warm, and the last 50 miles everyone had a strong tail wind. And then hear Scott say, "this is the best ride I've done all year".

Jim Crawford our BWR Chairman says he still needs volunteers to contact him for Parking, China, and Main Lunch. Please call Jim (586-677-7033) and help the club put on our own Blue Water Ramble Sunday October 2nd.

In 2006 our club meetings will move to the 2nd Monday of each month. They will continue to be located at the Mt Clemens Library, 150 Cass Avenue at 7:00 PM. Refreshments are served after the meeting.

I've learned \$1.7 million have been marked for area bike trails. Work has started on the PolyAnn Trail and even Paint Creek Trail is getting some enhancements near Lake Orion.

Congratulations to Mike Sproul, our legislative liaison. Mike has just been awarded a board membership with Rails to Trails and the Greenways Project.

Unfortunately not all news this month is good news. We learned at the September meeting that Jerry and Sue will be closing their bike store at the end of the month. Our club was formed through their vision, dedication, and hard work. They have written a letter which speaks of their triumphs, desires and final regrets over the years. Along with Antoon's, we've lost 2 independent supporters of our sport in the area just this year alone. Each time one closes we lose not only a source for bikes and parts but more importantly their technical expertise. I urge fellow members to support your local bicycle shops through these difficult economic times.

Gary Haelewyn, Editor

### HEALTH QUESTION & ANSWER SESSION

Q: I've heard that cardiovascular exercise can prolong life; is this true?

A: Your heart is only good for so many beats, and that's it... don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

# CLINTON RIVER RIDERS 2005 WEEKLY RIDE SCHEDULE

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
<p><b><u>5:30 PM</u></b>  <b>MSU Training Center</b>                      Meet Rick Jones at Square Lake and Crooks for the club's fastest ride. Average shown on your cyclometer at end of ride will be 18.5mph. This will increase throughout the season. Distance will start at 30 miles and progress to 45 miles in August. First one up a hill is the new leader.</p> <p><b><u>6:00 PM</u></b>  <b>Fraser Cycle</b>                      Meet Bill and Diane Baker at 15 Mile and Utica for the slowest club ride of the week. No rider will be dropped on this 1.5 to 2 hour ride. There will be NO ride on club meeting nights.</p> <p><b><u>7:00 PM</u></b>  <b>CLUB MEETINGS 1ST Monday of Month</b>                      Mt Clemens Library (downstairs) 150 Cass Ave just west of Southbound Gratiot on the North side of Cass across from Mt Clemens High School. Refreshments served.  <b>NOTE: 2006 Meetings will be the 2nd Monday of each month.</b></p>	<p><b><u>5:00 PM</u></b>  <b>Sheffield Shuffle I</b>                      Meet Ken and Cindy Rosiek Big Beaver Rd and Cunningham Drive SW corner of parking lot for a <b>15-17 AVG</b> 35-45 mile rolling hills ride. Pace and distance will increase as season progresses</p> <p><b><u>6:00 PM</u></b>  <b>Prestige Cycles</b>                      Join Art Meerhaeghe for a 14-16 MPH ride to Metro Beach area.</p>	<p><b><u>9:30 AM</u></b>  <b>Rochester Library</b>                      Meet the ladies (turn east at the road just past Pier One Imports blue awnings) to ride the Paint Creek Trail. Pace is 10-13 MPH. Optional single track loop out in Lake Orion. Lunch and/or shopping at the end of the ride. Call Annette Smith for details. Starts 5/4.</p> <p><b><u>5:30 PM</u></b>  <b>Prestige Cycles</b>                      Meet Rick and Sue Moorman, Moravian and Garfield for a 15-17 MPH 30-35 mile ride with a destination to the end of South River road across from Metro Beach. Distance and pace will increase as season progresses</p> <p><b><u>6:00 PM</u></b>  <b>Schyard Elementary</b>                      2900 Holly, Sterling Heights                      Meet Doug MacDermid 17 Mile Rd west, right on Pinebrook, right on Holly for a 14-16 MPH or slowest rider pace for a distance of 20-25 miles.</p>	<p><b><u>5:30 PM</u></b>  <b>Sheffield Shuffle II</b>                      Join Rick and Sue Moorman for a second installment of the popular Tuesday ride. Same pace, distance, hills, and weather.</p> <p><b><u>6:00 PM</u></b>  <b>Prestige Cycles</b>                      Meet Bill Baker and Bill Duemling for a 2 hour ride to unknown destinations at a 13-15MPH pace.</p>	<p><b><u>8:00 / AM</u></b>  <b><u>Morning Breakfast Rides</u></b>  <b>From Romeo area.</b>                      Join the Smiths and/or Duane Nieman for a breakfast ride at 15-18 MPH for a distance of 40-50 miles.</p> <p>Send an email to bsmith02@comcast.net or call Bill 248-652-2278. An email will be sent out on Wednesdays indicating the start time and location.</p> <p><b><u>6:00 PM</u></b>  <b>Marter &amp; Jefferson</b>                      Meet Prez Bill Stimpson for 25-30 mile ride at a 15-17 MPH pace to the Grosse Pointes and back.</p> <p style="text-align: center;"><b><u>Velodrome Events</u></b></p> <p><a href="http://www.velodromeat-bloomerpark.com/">http://www.velodromeat-bloomerpark.com/</a></p>	<p><b><u>8:00 AM</u></b>  <b>Stoney Creek Boat Launch</b>                      Although there is no official ride leader for this 45 mile old time favorite to Armada for breakfast and back there are usually 2 or more groups at different paces.</p> <p><b><u>9:00 AM</u></b>  <b>Stoney Creek West Branch Parking Lot</b>                      Meet T J Hill for 50 miles of mountain biking with a lunch stop around Lake Orion.</p>	<p><b><u>9:00 AM</u></b>  <b>Stoney Creek Boat Launch</b>                      Meet T J Hill for <b>50 miles</b> mostly dirt road ride at the pace of the slowest rider with lunch stop in Almont.</p> <hr/> <p><b><u>Meeting Treat List Volunteers</u></b></p> <p>November: The Komendera's</p> <p>December - The Tarantino's</p> <hr/> <p style="text-align: center;"><b>CHANGES</b></p> <p>Call Bill Baker 586-739-0261 or email him at <a href="mailto:CRRrides@wideopenwest.com">CRRrides@wideopenwest.com</a></p> <p><b>Newsletter changes:</b> Email <a href="mailto:Blueyclist@yahoo.com">Blueyclist@yahoo.com</a></p> <p><b>HOTLINE:</b> 586-819-0222 (Press 1 for latest updates)</p>

L I G H T S A R E R E Q U I R E D F O R A L L E V E N I N G R I D E S

AVG = Cyclometer Average at end of ride

MPH = Cyclometer Speed while riding



The Prez Sez,

As we move into late summer and early fall, the sun is setting earlier and earlier. Please use caution, good sense and lights as you continue to ride in the evening. Bright and reflective clothing is also a great help in being seen.

Bill

Ever wonder what life will be like in the year 2076? Neither did I, but I came across an article by Ken Avidor called "Car Busters—Journey to Bicyclopolis" that kind of caught my eye. You can read it by going to [www.avidorstudios.com](http://www.avidorstudios.com).

### MMBA TO BUILD DETROIT'S FIRST MOUNTAIN BIKING TRAIL

The City of Detroit has granted the approval for the Michigan Mountain Biking Association (MMBA) to begin construction of the first mountain biking/hiking trail at Rouge Park.

"This is an amazing opportunity for an urban singletrack trail along the Rouge River," says Harvey Santana, MMBA Rouge Trail Coordinator. "It's going to be a great asset to the community, especially the kids. As a native Detroiter this is my small way of giving kids a chance to participate in a recreational activity that is typically found well outside the city limits."

A groundbreaking ceremony is scheduled for October 8th, 2005 at 10AM. The event will take place at the temporary trail head, located near the intersection of W. Outer Drive and Tireman (between Warren and Joy Road.) Trail work will begin shortly afterwards.

The anticipated trail opening is Spring 2006.

Funding for this project has come from a \$4,500 grant from REI ([www.REI.com](http://www.REI.com)) as well as private donations. According to Danielle Heckman, REI Outreach Specialist, "This project compliments REI's commitment to promoting environmental stewardship and increasing access to outdoor recreation. The funding will pay for signage, benches, small foot bridges, maps, and more." The trail itself will be constructed by MMBA volunteers.

"Beyond just the recreational benefits, we believe this trail will build greater awareness and stewardship for Rouge Park, the river corridor, and the outdoors in general," says Todd Scott, MMBA Executive Director. "Natural outdoor experiences are limited within the city and not everyone can drive to the larger parks in the suburban regions.

"Rouge Park is also a part of the Mayor's Movement for Life campaign," adds Al Fields, Detroit's interim Chief Operating Officer.

In addition to the new trail, the MMBA will be working with Friends of Rouge Park and the Greening of Detroit to reforest portions of the park. General park cleanups are also being scheduled in conjunction with this project by local community organizations and schools.

Additional information on this project is available on-line at [www.mmba.org/rougepark.htm](http://www.mmba.org/rougepark.htm).



### Pictures Wanted DEADLINE is OCTOBER 15:

Doug MacDermaid would like slide show pictures for the club banquet sent to him by October 15h. No pictures will be accepted after that date to allow Doug to develop the slide show presentation. Doug would prefer digital sizes 640 x 480. You can email them to Doug at [lbrickne@wideopenwest.com](mailto:lbrickne@wideopenwest.com) or mail a c/d to 39818 Edgemoont Dr Sterling Heights MI 48310. Call Doug at 586-939-4670 for more information.

18 Club Jerseys of varying sizes have been ordered and will arrive end of Sept. Club will subsidize \$20 of jersey cost. Call Dennis Prost to reserve your jersey.

**Club Cookbooks are still available for \$10. To order, call Julie Windhorst (586-939-6073)**

Newsletter Business Advertising Monthly Rates

**\$10 Business Card size, \$35 1/4 page size, \$50 1/2 page size, \$100 Full page size**

Club members only may send advertisements to [bluecyclist@yahoo.com](mailto:bluecyclist@yahoo.com), and a check, payable to Clinton River Riders mailed to Gary Haelewyn 41706 Merrimac Cir, Clinton Twp MI 48038. Up to 6 months can be prepaid.

## Our Trail System by Sue Pavlat

I used to ride the Paint Creek Trail back in the early 1980s with some of the original CRR members. My, how it's changed over the years.

I spend winters in Florida riding my road bike in wide bike lanes along most of the major roads. It gives me a sense of security riding in this 3'-4' wide marked bicycle lane. Although I never let my guard down and ride defensively using hand signals, always wear my helmet, a rear view mirror on my sunglasses and bright colored clothing.

When I return to Michigan in the spring, I find it extremely difficult and nerve racking trying to ride on the little white line on our roads that are full of pot holes. While trying to share the road with autos flying by, sometimes with their drivers yelling at me to "Get on the sidewalk". I'm sure you have all experienced this at one time or the other. It isn't fun anymore.

This spring instead of gripping the handlebars of my road bike in fear, I hit the trails in Oakland and Macomb Counties with my mountain bike. It's been beautiful, peaceful and relaxing experiencing all the wildflowers and wild life along the way. My mentor and mountain bike-riding buddy has mainly been Gail Komendera.

Gail has taken me on numerous new off road adventures. She has shown me a 40,000 square foot home (castle) in Oakland County and has beaten me up on climbs I never knew were in the area when we HAD to use our lowest 'granny gear'. I have seen deer, a red fox, bunnies, snakes, mice, chipmunks, hawks, Baltimore Orioles, and removed a baby turtle from the trail so it didn't get smashed.

The flowers started in the spring with a little white, very fragrant, sweet smelling flower on shrubs all along the paths that had the scent of Jasmine. Many other wild flowers continued to bloom all throughout the summer always displaying a riot of color. The summer season is wrapping up with mullein, Queen Anne's Lace, chicory, purple loostrike, phlox, Black eyed Susan's, and Joe Pye weed. The blooming season will end with the colors of goldenrod, sumac, crisp air and the colorful leaves falling from the trees.

I, Sue Pavlat, RAAM rider, road bike junkie, speed demon, have so much enjoyed this summer's cycling season exploring the Paint Creek, Macomb Orchard and the Clinton River Trail Systems. Who would have thought? I love the laid back pace, the wild life and the challenges of climbing a dirt road or trail. It was exciting waiting for the new bridges to open over the creeks, standing there listening to the water rushing over the rocks below. It's been therapeutic too, although Gail and I haven't been able to solve any of the world problems. But it's great fun! Jerry goes out occasionally with me in the early mornings trying to get his bicycle legs back after the knee surgery he had in the spring. We almost were run over by a deer coming out of the brush one morning!

Dave K. takes Gail out and shows her new adventures to take me on. One day I rode 52 miles on my mountain bike, just as many as Dave had ridden, and rode 5 days in one week. Now here's a scary thought—are Gail and I turning into another TJ and Dave?

On Wednesday morning at 9:30AM, there's a group of CRR ladies that meet in the parking lot at the Rochester Library. We break off into small groups with different paces, and 'do our own thing'. We all end at Lipuma's Coney Island with a Coney dog and a rootbeer float at the end of the ride. It always tastes SO good! Ever drink an Arnold Palmer? Ask Sandra Studebaker what it is.

One day, Deb Angst brought some tomatoes fresh from her garden to the start of the ride the Library. I carried them home in a box on the rack of my bike thinking they would make the trip OK. Well, I had tomato juice in the bottom of the box when I got home. The weight of the tomatoes on the top smashed the ones on the bottom. Blondes do have more fun!

Our next adventure for Gail and I will be trying to hook into the Polly Ann Trail from the North end of the Paint Creek Trail. For a trail map of Oakland County, call Parks & Rec. at 248 858-4611. I found this number in one of our old CRR newsletters. Thanks, you have created a monster! I'm riding an old steel Trek mountain bike with toe clips/straps and sneakers. Dave told Gail to watch out. If I buy a lightweight mountain bike and put clipless pedals on it, he said it would be like opening up Pandora's Box!



## A Message From Jerry and Sue Pavlat

As some of you might know after being retired for almost 10 years, we had to take our store back in Clinton Township. We could see it coming for quite some time and tried everything in our power to avoid having to go back into the store. But due to circumstances beyond our control, in April of this year we had to take it back.

It's been a very difficult spring and summer season for many reasons. The fact that Metro Parkway has been torn up all summer hasn't helped business either. The store needs more effort and time to rebuild it than we want to dedicate. It would take us at least a year or longer to bring it back up to our standards and we are not willing to put that type of energy, finances or effort back into it. We want to be out on our bikes riding along with all our friends, not working 10 hours a day, 6 days a week at this point in our lives. We want to remain retired.

We struggled with the decision of what to do with the shop whether to continue on, sell it, or just close the doors. We agonized over it all summer long. This store is our 'baby'. We started it in 1974 scraping up \$3,000 and by robbing our kid's piggy banks, they were 4 and 5 at the time. Jerry kept his job at the tool & die shop and we turned every penny the store made back into it, making it grow and grow into the premier bicycle store in the State of Michigan. We were extremely proud of what we had built the business into and sold it when it was at the top 21 years later, hoping that it would continue on and grow even more. Life never goes the way you plan it.

In 1980 we formed the Clinton River Riders Bicycle Club and through that club is how we became to be good friends with many of you. Without the store or forming the club, we might have never gotten to know you like we do. We value your friendship and support you have given us through good times and bad over the years. You are very special to us.

It was a very hard decision, but we have decided to close the doors for good on September 30. We have watched this business of ours die a slow death for the past several years and it hurts us to turn our back on it. But the time has come to just 'let go' and accept it. All good things must come to an end sooner or later. Even Lance knew when to quit!

Because of our friendship, your support and loyalty to us, we want you to know first hand of our decision. We will be holding a retirement/going out of business/closing the door sale, what ever it is to be called for the remainder of September. We are offering the following discounts on items on a cash basis sale. All sales are final:

	Bikes	Accessories
September 12-18	20%	25%
September 19-25	25%	30%
September 26-30	30%	35%

May the wind always be at your back and we hope to be riding right along with you while it's blowing. It's been fun!

Jerry & Sue Pavlat  
Pavlat's Prestige Cycles  
36558 Moravian Dr  
Clinton Twp, MI 48035  
586 792 4040

TRIPLE TAKE By Todd Clark & Scott Nickel



I know as your newsletter editor that I should be reporting bicycling events as they occur. To this end I found myself on Woodward Avenue at the foot of Jefferson On Sunday Sept 11th witnessing the first ever "Red Bull Dragster Day". Red Bull is an energy drink that comes in a small can, costs \$2 and tastes like a strange version of Sprite. They persuaded the City of Detroit to close off 2 blocks of Woodward Ave so that 20 human powered dragsters could race for cash prizes. Most of the vehicles contained bike parts like chains, pedals, parts of frames, cranksets, etc. They even had shells made from fiberglass and yes even bread dough (lower left). The owners informed me they formed it around chicken wire and then baked it. They lost. The second place finisher (upper left) from Portland Oregon decided not to ship their vehicle back to Portland as the \$600 shipping cost was more than the cost of the vehicle. First place vehicle (lower right) was high tech and high cost.





# Application Form - Clinton River Riders Bicycle Club

\$12.50 Individual (over 18)

\$15.00 Family

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_

email \_\_\_\_\_

BirthDay \_\_\_\_\_

Additional Family Members

Name \_\_\_\_\_ Birthday \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

New Member  Renewal

Yes, please add me to your list of active volunteers who help promote bicycling at the local, state, and federal level. I may be called upon to write a letter or attend a meeting.

Please make check payable and mail to:

**Clinton River Riders**  
**36558 Moravian**  
**Clinton Twp., MI 48035**

**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 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 result of my participation in the Activity.

3. HERBY 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 on e 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 NEGLIGENT 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**

Gary Haelewyn  
 41706 Merrimac  
 Clinton Twp MI 48038