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The RAMBLER



Clinton River Riders Bicycle Club

Access online at WWW.lmb.org/crr

Our **Blue Water Ramble** on Sunday October 4th still has several functions that need people to sign up for. The Clinton River Riders name sake ride depends on our members to pull together to execute this high expectation ride. This is our main source of income for the club so its success enables CRR's support of cycling. Can you help? Please do so. Encourage others to participate as well.

There **is no club meeting in October** due to the BWR stuffing party, execution, and clean up. Our next meeting will be November 9th.

The **CRR awards banquet** is December 12th at Fern Hill Country Club.

At the September club meeting there was a tentative design of a **new club jersey**. The design team, led by Debbie Angst, worked diligently to bring this its current state. Club members need to view and decide on their purchase. There is a minimum quantity threshold to receive a price discount and that is our aim. The expected cost will be \$60 per jersey. Consensus is that at least 20 need to be pre-paid for to begin the ordering process. As of the stuffing party 30 people have agreed to purchase the new design jersey. Sizes are running smaller than expected.

Oct. Birthdays

10/01 John Tarantino
10/02 Donald Dahlke
10/05 James Lucchesi
10/06 Brian Warner
10/06 Rose Goebel
10/09 Robert Kosen
10/10 Ann Schmidt
10/12 Kathy Kuehn
10/16 Ray Cronin
10/16 Rose Claus
10/17 Bill Stimpson
10/20 Micki Solonika
10/21 Bob George
10/22 Tim Phillips
10/29 Sue Moorman

Club members are entitled to purchase one club jersey next year at a reduced cost (\$34). Contact Dennis Prost at 248-931-7300 or email dmprost@strategicfnding.com to get yours today.

Visitors: Linda Cassidy and Tom Ledbetter joined Clinton River Riders in the last month. Patrick Devereaux, Douglas Paulk, Carl Gildner, Cynthia Bostwick, Janet Jamison Carmody, Elizabeth Roberts-Kirchhoff, Marianne Ensink, and Patrick Brown joined from the BWR application process.

Our next club meeting is November 9th. Our meetings are always the 2nd Monday of the month. 7 pm downstairs in the Mt Clemens Library on Cass Ave. Note – There is no meeting in the month of October, due to the BWR and clean up party.

Helmets

It's often recommended that a helmet worn frequently should be replaced every 3 years or so. The reason is that the foam degrades due to sun, heat, salty sweat and other environmental factors, added to the usual knocks of regular cycling activity. These things make the foam unable to provide full protection in the event of a head impact.

A helmet should certainly be replaced after it's smacked in a crash or even dented by a hard drop.

However, some experts (presumably those not working for helmet companies) maintain that a helmet will do the job no matter what its age as long as it's undamaged. In their view, there is no age limit.

There's no arguing, though, that buying a new helmet every 3 years will keep you current with comfort and safety features as well as style. It's remarkable the improvements we've seen in helmet lightness, ventilation and fit. Almost every new model has a "cradle" for the lower rear of the head. This makes a helmet more stable on bumps and rough roads, and it'll stay in place better when the reason for wearing a helmet is happening.

You can find big savings on some of this year's helmets when next year's models are introduced. Check bike shops and catalogs, find the price and style you like, then wear that nice new helmet on every ride you take.

Some of our favorite local bike shops. Please support them with your patronage and cycling needs.

<p>FRASER BICYCLE 34501 UTICA RD. FRASER, MI 48026 (586) 294-4070</p>	<p>ANCHOR BAY BICYCLE 35214 23 MILE RD. NEW BALTIMORE, MI 48047 (586) 725-2878</p>
<p>MACOMB SCHWINN 28411 SCHOENHERR WARREN, MI 48093 (586) 756-5400</p>	<p>ALLIED CYCLE SHOP, INC. 23101 GRATIOT AVE EASTPOINTE, MI 48021 (586) 772-3411</p>
<p>AMERICAN CYCLE AND FITNESS 2169 METRO PARK WAY STERLING HEIGHTS, MI 48310 (248) 886-1968</p>	<p>MAIN ST. BICYCLES 5987 26 Mile Rd Washington, MI 48316 (586) 677-7755</p>
<p>REI - TROY 766 EAST BIG BEAVER RD. TROY, MI 48083 248-689-4402</p>	<p>ROCHESTER BIKE SHOP 116 W. SECOND STREET ROCHESTER, MI 48307 (248) 652-6376</p>
<p>CONTINENTAL BIKE SHOP 24436 JOHN R ROAD HAZEL PARK, MI 48030 (248) 545-1225</p>	<p>BIKES, BLADES AND BOARDS 17020 MACK AVE GROSSE POINTE, MI 48230 (313) 885-1300</p>
<p>ROCHESTER BIKE SHOP 426 S MAIN St ROCHESTER, MI 48307 (248) 652-6376</p>	<p>AMERICAN CYCLE 203 NORTH PERRY PONTIAC, MI 48342 (248) 333-7843</p>
<p>Pails Bike Depot 28057 GRATIOT Roseville, MI 586-772-9084</p>	<p>American Cycle & Fitness 18517 HALL Rd Macomb Twp, MI 586-416-1000</p>

Everyone is probably aware of the reduced daylight this time of year. Please remember to have front and rear lights for riding. You never know when a flat or other situation will catch someone off guard and extend an evening ride into dangerous darkness.

If the unthinkable happens -

One of the greatest dangers cyclists face on the road is a collision with an automobile. If you do find yourself involved in an accident with a motor vehicle, your actions immediately afterwards may be crucial to recovering from your injuries and being compensated for the damages caused to your bike. It may also have an impact on the outcome of any lawsuits resulting from the accident.

A police report is vital to ensuring the protection of your rights as a victim. If possible, make sure nothing is moved after the crash. Always wait for the police to arrive at the scene even if you think you have not been hurt. Cyclists are often unable to judge the severity of their own injuries and, in many cases, do not realize that they have been injured until hours after the accident, when it is too late to identify or contact others who were involved. The police report will gather and document important information and evidence needed for your case, including the driver's statement and testimony from all witnesses.

Document your injuries by taking photos from different angles and start keeping a journal of your symptoms. You should also take pictures of all damaged equipment and leave any bike parts or clothing in the same condition following the accident.

You should not try to negotiate with the driver's insurance company, just like you should not negotiate with the driver.

Remember to take care of your body and bicycle like your life depends on it.

It is a great time of year to get out and **see the fall colors** and there is almost nothing that can match cycling thru the countryside to see the foliage. Bicycling brings you some fantastic unobstructed and intimate closeness to Michigan's fall fest. Add a stop at a cider mill or local restaurant to make the trip complete. Get out and enjoy the crisp autumn air.

Good Deeds may make cycling supporters

Here's a very cool suggestion from roadie Michelle C. of Griffin, Georgia. Call it an "investment" in goodwill and safety for roadies. . "In the constant struggle to make peace with auto drivers, I stumbled onto a clever idea while on a Saturday morning ride.

"We made a store stop to refuel. I found myself at the checkout standing next to a boy about 7 and what appeared to be his grandfather. I spoke to the youngster, who was gawking at my kit and shoes with wide-eyed amazement. "My chocolate milk and water cost \$2.70. I gave the cashier \$3. I hate change on the bike because it rattles and annoys me, so I smiled at the young man and handed him the 30 cents and told him to put it in his pocket. You would have thought I gave him a hundred dollars.

"But perhaps more importantly, his grandfather was genuinely impressed with such a simple act of kindness."Perhaps for 30 cents I purchased one driver who next time he encounters a cyclist will slow down and move over because it might be that nice person who made his grandson smile. And in a few years maybe that little boy will ask for a bike like mine and take to the road."

CRR Ride Schedule

Monday

Tuesday

5:30 pm Sheffield Shuffle NW corner of Big Beaver & Cunningham (1 blk west of Coolidge) Meet Rick and Sue Moorman for a 16 - 18 avg ride with a distance of 35 - 50 miles.

Wednesday.

9 am Rick & Sue Moorman lead a 30 mile ride from TBD To TBD. Contact Rick for the weekly particulars.

Thursday 6 PM: Meet Gary Haelewyn and sometimes Sally (248-549-9062) at the SW corner of Sheffield Parking Lot 20-30 hilly miles at 12-14 MPH in the Troy, Bloomfield, and Auburn Hills area.

5:30 pm MSU Management Center, Square Lake and Crooks. This year will start slower. Meet Rick Jones for a fast ride 17-19+ for a distance of 30 miles. Start together - end together.

Friday

9 am Meet Bill & Annette for a ride at 15-18 MPH ride. Call Bill at 248-652-2278 or email nlt than Wed. Meet often at the Romeo Kmart to various destinations.

Saturday

8 am Stony Creek (boat launch) **to Armada**. 44 miles at 16 - 22 mph (2 groups) with a stop in town to eat.

9 am Stony Creek West Branch parking lot, meet TJ Hill for mountain bike riding, pace of TJ. Call TJ at 586-293-0162.

The **Saturday Shultz's ride** will start October 17th. The ride starts at 9 am from 8 ½ & Gratiot, for about 33 miles at a pace of 14-16 mph. Goes all winter weather and road conditions permitting. The Moorman's, Les Dunham, or Ron Truax usually lead this ride.

Sunday

9 am Stony Cr Boat Launch Meet TJ Hill for 50 miles of mostly dirt road riding. With a lunch stop somewhere near the 30 mile mark. Call TJ at 586-293-0162.

9 am Meet Dick Williams at **Gr Pointe North HS** for 40 miles of riding thru Detroit and back. 14-17mph. See lots of scenic Detroit and dine together somewhere along the route.

Gary Haelewyn Ride Director HOTLINE 586-819-0222

Newsletter Changes to Les Dunham, lesdunham@hotmail.com or 586-216-4135.

