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## *The RAMBLER*



## *Clinton River Riders Bicycle Club*

*Access online at [WWW.lmb.org/crr](http://WWW.lmb.org/crr)*

**Pre-registration** for the Blue Water Ramble (Oct. 2nd) is about the same as last year. Please plan to ride with us on this popular event. The extended weather forecast looks quite nice.

Many of the weekly evening rides are ending at the end of this month. Weather and earlier darkness encroach more and more on the popular part of cycling season. Take advantage of the opportunity to get out and ride. In 4 months you wish that it would get up to freezing.

The Michigan Legislature is proposing to change the Motor Vehicle Code to require cyclists to signal a right hand turn with their right arm extended. Similar but opposite of how you signal a left hand turn. Let your representatives know if you support this proposed change.

**Debbie Angst** would like any photographs or videos for use at the annual awards banquet to be provided to her by the end of October.

**Our next club meeting** is November 14th, 2011. Club meetings are usually the 2<sup>nd</sup> Monday of the month, but October is the exception. We see so much of each other at Blue Water Ramble functions it is decided that there is no need of a meeting.

**New members** and interested people should send an email to [crr-list@lmb.org](mailto:crr-list@lmb.org) to be placed on our email distribution cared for by Bill Duemling. No advertising or solicitation is forwarded, just items of interest to cyclists.

## Birthdays

10/01 John Tarantino  
 10/02 Donald Dahlke  
 10/05 James Lucchesi  
 10/06 Rose Goebel  
 10/06 Brian Warner  
 10/09 Robert Kosen  
 10/10 Ann Schmidt  
 10/12 Kathy Kuehn  
 10/14 Mike McSpadin  
 10/16 Rose Claus  
 10/16 Ray Cronin  
 10/20 Micki Solonika  
 10/21 Bob George  
 10/22 Tim Phillips  
 10/29 Susan Moorman

**Club members** are entitled to purchase one club jersey per year at a reduced cost. Contact Debbie Angst at 586-524-3657 or [digitaldeb@comcast.net](mailto:digitaldeb@comcast.net)

## Visitors and

**New Members:** David Ryder and John Meerschaert, we welcome your interest in cycling and hope to enjoy many miles riding together. We welcome your association with Clinton River Riders.

**Jerry Pavlat** would like member to bring returnable containers to club meetings to support Team Sammy.

**Clinton River Riders** still needs an individual to assume responsibilities as **treasurer**. Support and experience are available from Marilyn and Annette. Of course attention to detail and responsibility are a must. Additionally Marilyn will be gone 2 months next spring and treasury cannot be done long distance. Someone please learn now and excel soon.

When the **9 am Shultz FH** rides starts up someone from CRR will need to lead the ride. Les will be off the bike for a few months (After November 1<sup>st</sup>) and a CRR ride needs a CRR ride leader. Think about it.



**TJ Hill and Rick Jones** have done great work on the section that CRR is responsible for. Don't let them be the only ones that live up to this commitment.

Always, always, always be careful out there. In fall when the sun does appear it tends to last longer while being lower in horizon. This makes it even more difficult for automobile drivers to detect and avoid cyclists on the road. You can help by wearing high contrast colored clothing, using lights, and riding legally but assertively. It is better to be alive and slightly angry than the opposite. Don't ruin the rest of this year (or more) if you prevent it.

It is always a good time to give your bicycle some tender loving care. Clean and lube the chain; check the condition of your tires and wheels; and operate the gears thru their full range. Your machine will serve you best when you use it often and care for it regularly. Maintain your bike and body like your life depends on it.

**Congressional Delegation - Michigan****Senate Members**

[Carl Levin \(D-MI\)](#)  
[Debbie Stabenow \(D-MI\)](#)

**House Members**

[Dan Benishek \(R-MI-1\)](#)  
[Bill Huizenga \(R-MI-2\)](#)  
[Justin Amash \(R-MI-3\)](#)  
[Dave Camp \(R-MI-4\)](#)  
[Dale Kildee \(D-MI-5\)](#)  
[Fred Upton \(R-MI-6\)](#)  
[Tim Walberg \(R-MI-7\)](#)  
[Mike Rogers \(R-MI-8\)](#)  
[Gary Peters \(D-MI-9\)](#)  
[Candice Miller \(R-MI-10\)](#)  
[Thaddeus McCotter \(R-MI-11\)](#)  
[Sander Levin \(D-MI-12\)](#)  
[Hansen Clarke \(D-MI-13\)](#)  
[John Conyers \(D-MI-14\)](#)  
[John Dingell \(D-MI-15\)](#)

Your government representatives, working for you. Let them know what you want and what your priorities are.

**Big Bob's SC UP BS Ride****By Gary Haelewyn**

It was nearing the end of July when I finally got the email. The pressure had been on all year to come up with a plan but nothing seemed to gel. Every time I asked I got the same response, "Why don't you come up with something". Was I the only one asking? What about the others? Did he give the same response to them? Last year's ride might have been a bit difficult, at least for the lounge chair riders, but in the end we all had a great adventure. Besides, isn't that what SC (self contained) rides are all about?

And now at last, his email had arrived. Subject: "UP Ride and". Up? For a brief second I thought we might air balloon to our destination and ride back. Big Bob George, the master planner, had come through again with a new SC ride in the UP (Upper Peninsula, in case you didn't guess it). The included itinerary showed campgrounds, miles, showers, and eating places (a few restaurants the rest in camp). Cooking in camp? Great, we each get to show off our extraordinary culinary talents at cooking oatmeal.

The only hitch for me was the start date. We were leaving for the drive to St Ignace on Labor Day. Sally and I would be finishing our first Midwest Tandem Rally on Labor Day. I would need to put on my poker face for this one. Luckily the MTR was in Ann Arbor so the distance was not an issue. In the end, I reluctantly agreed to return home on Sunday night instead of Monday.

A pre-trip meeting was scheduled for August 22nd at Bob's house. It was here I met the other attendees. Ed Schultz, Rich Ostrowski, Art Anderson, Bill Kelly, Tom Graham, John Williams, and Al Barton. Only Bill, Rich and I were former

survivors of Bob's previous expedition. Art and Al had done their own version backwards. Unfortunately Bill would succumb to a bad case of gout a week before the ride and that left us with eight.

We all arrived up in St Ignace around 4:00PM. The best campsite at the park (A10) had just been taken so we took 2 sights nearby. But when we got down to our sites we found the A10 owner to be CRR member Dwayne Neiman. Dwayne offered to share his sight with us, so Tom and I canceled our site and moved in with Dwayne. The other 6 crammed into the remaining site. The parchment paper baked whitefish dinner that night was delicious. You probably wondering which of us prepared that delicious meal but we all had a hand in it,... as well as the cook at the Driftwood restaurant in St Ignace.

Tuesday morning we woke up to sunny skies and teeth chattering cold. We broke camp, parked the cars in the picnic area, loaded up the bikes and started our journey to the town of Detour. We rode about a mile and half before stopping for our first breakfast at the Galley restaurant. Did I mention there would be 13 restaurant stops for Breakfast Lunch and Dinner, leaving 2 Breakfasts and 2 dinners at the campgrounds? After all who wants to cook and wash dishes while on vacation, we do enough of that at home.

We rode another 23 miles up the coast before stopping in Cedarville for lunch and then pressed on to our first State Forest Campground near Detour. State Forest campgrounds differ from State Park campgrounds in two ways. First there's a 2 mile gravel road entrance, and secondly, pit toilets and a cold water pump for showers. I never knew well water could be that cold. I never knew it took that long to pump the well. Fortunately the pit toilets were modern. They were enclosed. But the campground itself was very nice. We even found some already split firewood to build a campfire and tell stories. Then, around 9:00PM we slowly drifted off to our tents for a quiet night's sleep. Unless of course you happen to have pitched your tent next to Ed, or Art, or Al, or John, or Tom, or Rich, or Bob. Only I never snore, just ask Sally.

Wednesday morning we woke up to sunny skies and teeth chattering cold. The short 6 mile ride to Detour warmed us up for breakfast at a local eatery. Then it was off to Munuscong River State Forest campground. Try saying Munuscong fast 5 times and see if makes you gag. Yes this was our second State Forest CG which was no different than the first one near Detour except that we had a choice of using the ice cold pump to take our shower, or, the ice cold river. A third option, used by some unnamed persons, would be to try and hold out for Thursday and a warm State Park shower. Once again we had another campfire with free already split firewood. Sadly, it would our last campfire as the Park's charge \$4 for their split wood.

Thursday morning we woke up to sunny skies and wow, it got warmer this morning. We could cook our first batch of oatmeal without having to put on wool sweaters. Today's ride took us to the locks at Saulte Ste Marie. Unfortunately, only 2 boats were scheduled for today, one at 3 in the afternoon and the other at night. Had we come yesterday, they had boats all day long going through. So off we rode headed for Brimley State Park and,... a warm shower.

"The whitefish at Cozy Inn is better than Willowby's". So we were told, by a local at our lunch stop. It was also cheaper which greatly enhances the flavor of these delicate creatures.

Friday morning, more sunny skies and a short ride to Willowby's for breakfast. The Cozy Inn is a bar and they don't open at 7:00AM. A few miles up the road Tom and I decided to make a small donation to the local Indian tribe. Of the hundreds of slot machines only 4 took quarters. Tom played the penny slots where you had to bet a minimum of 20 cents per play. I do better in Vegas. We rode on, slowly catching Rich and his beaming red rear light. The 3 of us stopped along Lake Superior for lunch at a roadside park. Tom's crackers with tuna in lemon sauce narrowly beat out our peanut butter and jelly sandwiches. Onward we rode, headed for Paradise. But the town does not live up to its name. A few dilapidated buildings and some bitter shop owners. I pray the next one is an improvement. We ended day at Lower Tahquamenon Falls SP. Another warm shower but an 8 mile round trip to dinner. Only Tom, John, and I rode to dinner, the others ate oatmeal at camp. Just as we were leaving the restaurant, we happened to notice the 2 good looking ladies sitting at the next table. Then one of them asked, "aren't you in the Slow Spokes". Turns out they were sister and cousin to Gabe Halpern. Sure glad they recognized us.

Saturday we woke to sunny skies and oatmeal in camp. Then 25 miles later we had our real breakfast in Newberry. As a special treat Bob had the local Indian tribe put on a pow-wow for us just outside of town. About 400 Indians dressed in traditional outfits danced in circles to the beat of drums and chanting. We left them just as they started painting their children's faces with war party paint. Our destination was the old logging and wood bowl town of Hulbert just off highway 28, down 2 very steep hills to the American Legion Post 9330 where they told Bob we could pitch our tents. Nice place, nice people, good food, good beer. What more could we ask for. Perhaps a ride up those 2 steep hills in the morning?

Sunday we woke to,... yes sunny skies. Bob proclaimed we call the ride Bob's Blue Sky ride, which is the BS in the title of this story. A short 42 miler to St Ignace followed to end yet another most enjoyable Bob George adventure ride.

A couple of corrections to this article: We didn't eat oatmeal for dinner; we brought either freeze dried packages or made our own dinners from other ingredients. Al and Art never ate out, cooking all their meals in camp. They met us for breakfast for a cup of coffee. Tom and Rich do not snore. There were only 20 dancing Indians in Newberry, not 400, and Bob did not organize the pow-wow,... I think.

Thank you Bob for stepping up once again and organizing a great ride. I've done a few of Bob's rides over the years, Boston to Bar Harbor and the C&O GAP ride to name a couple. They have all been excellent adventures. Here's looking forward to our 2012 ride. Where will it be Bob?

**Keep Warm** - Remember that you are a heat producing machine. When you ride, you will be producing a HUGE amount of heat and moisture. It requires a balance to maintain yet not overheat. Headbands, gloves, and for your feet socks, toe covers, and warmers are options. For your upper body and legs layers are the key. Enough to feel just slightly cool when standing (before riding) is about right.

In some of the coldest riding you may want to use lobster mittens, neoprene socks/gloves, balaclava, and a wind proof jacket. Just be cautious to enable wicking the moisture away. Moisture next to skin and cold or freezing temperatures are a bad combination that works against you rapidly.

**Don't forget** to plan for the Awards Banquet in December. Get your ride leader sheets in to Dick Williams. Look over your goals for 2011 and see how you did. Make a plan for a better 2012 year in cycling. Invite someone on cycling fence to come out and ride. The best way to know CRR is to ride with us. Enjoy the sights, smell, and interact with cider mills, small towns, and even the metro area of Detroit. There is almost nothing that comes close to the intimacy of cycling with its surroundings.

Fast or Slow; Aggressive or Defensive; solitary in a group or riding solo; silence or non-stop conversation; peaceful or riding on the edge can all be found on a bike. You can find the gammit of personality qualities that suit you on 2 wheels.

- If history repeats itself, I should think we can expect the same thing again.
- As far as we know our computer has never had an undetected error.
- I started out with nothing. I still have most of it.
- Behind every successful man stands a surprised woman.
- No matter how much cats fight, there always seem to be plenty of kittens.

Some of our favorite local bike shops -

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



## Clinton River Riders - Ride Schedule

**Wednesday 9am** Meet in the southwest corner of the Sheffield office complex parking lot in Troy. Sheffield is located north side of Big Beaver. Ride distance will be 30-50 miles at 16-18mph. Terrain will be moderately hilly, and the course may vary week to week.

**Thursday 9 am** Rick & Sue ride starting location will vary from week to week. This is a no drop ride at a moderate 15-17 MPH pace We will continue to provide notification of starting time and location, cancellations and updates via an email list. If you wish to be included on that list, please send your email address to [pkmoorman@wideopenwest.com](mailto:pkmoorman@wideopenwest.com).

**6 pm** MSU Management Center, Square Lake and Crooks. This year will start slower. Meet Rick Jones and or Bill Windhorst for a fast ride 17-19+ for a distance of 30 miles.

### **Saturday**

**9 am** Stony Creek Boat Launch, meet TJ Hill for mountain bike riding. Call TJ at 586-630-9212.

**8 am** Stony Creek Boat Launch, meet the Windhorst's or J Tarantino for a ride to Armada for breakfast. 16 - 18 mph and 44 miles round trip. Usually there is a faster group as well, 17-20+.

**October 8<sup>th</sup> or 15<sup>th</sup>** on Saturdays at 9am from 8 ½ & Gratiot is when the Shultz ride will begin.

### **Sunday**

**9 am** Stony Creek Boat Launch, meet TJ Hill for mountain bike riding. Call TJ at 586-630-9212.

Dick Williams Ride Director [rsu@sundvik.com](mailto:rsu@sundvik.com) or phone 989-326-1630

Newsletter Changes to Les Dunham, [lesdunham@hotmail.com](mailto:lesdunham@hotmail.com) or 586-216-4135

