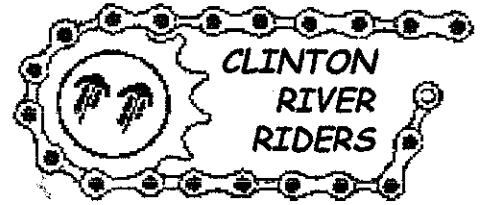


October 2001  
**The Rambler**



## The Prez Sez ...

I want to thank all the volunteers for another successful Blue Water Ramble. Our committee heads did a wonderful job overcoming some last-minute obstacles. To one and all: Congratulations!

A quick update on the velodrome. On October 9 the first riders, including myself, rode a couple of laps. What a fantastic experience! There is still plenty of work to be done, and the organizers are always accepting donations.

An important announcement for residents of Macomb & Oakland counties: Write your local supervisors, clerks and trustees! Tell them you want them to support your local rail-to-trail projects. Many grants are available but can't be justified without local support.

Following are some addresses I have gathered. Please help me collect proper names and addresses for Oakland County.

Remember these people work for YOU, tell them what you WANT!!

Thank You,  
John Tarantino



### Washington Township

P. O. Box 94067  
Washington, MI 48094  
Telephone: (810) 786-0100  
• Gary Kirsch, Supervisor  
• R. J. Brainerd, Clerk  
• Linda Verellen, Treasurer  
• Trustees: Fred Blonde, Jack Dorrrough, Michael Murphy and Barry Sutherland

### Shelby Township

52700 Van Dyke  
Shelby Twp., MI 48316  
• Ralph Maccarone, Supervisor

### Bruce Township

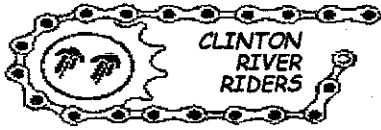
P. O. Box 98  
Romeo, MI 48065  
Telephone: (810) 752-4585  
E-mail: bruce-twp@mt.miqvf.org  
• Gary Schocke, Supervisor  
• Karol Regius, Clerk  
• Deborah Obrecht, Treasurer  
• Trustees: Brian Palmer, Mark Falker

### Village of Romeo

121 W. St. Clair  
Romeo, MI 48065  
Telephone: (810) 752-3565  
• Paul Reiz, President  
• Trustees: Matt Edwards, John Foltz, James Micelli, Zachary Fowler, Ronald Rossell, Belinda Wietor

**See Page 6 for details on an important Club proposal  
to be discussed at the November general meeting**

# 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  
810-445-2868

### We're on the web:

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

## GENERAL MEETINGS

Mondays –  
Nov. 5, Dec. 3  
7:00 p.m.

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

# Club Ride Schedule

## October 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

• 5:30 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.

• 6:00 p.m. – Ride with Duane Nieman from Prestige Cycles, Moravian just east of Garfield. 20-25 miles, 14-16 mph.

### Wednesday

• 5:00 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.

• 6:00 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.

### 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.

• 9:00 a.m. – Ride with Jane Benard through the Grosse Pointes, starting in the parking lot of the Schultz Funeral Home, Gratiot at 8 1/2 Mile Road (Toepfer). 30-35 miles at a pace of at least 14-16 mph.

## Cookin' with the Clinton River Riders

### Submit your recipes for Club cookbook!

Jerry Pavlat is working hard to collect the favorite recipes of the Clinton River Riders, for our first-ever Club Cookbook.

This cookbook will include Club favorites as seen and tasted at potlucks, cookoffs, or your own family meals throughout the year. We'd like to include a little bit of

everything, from salads to main dishes, soups, sides, and desserts – so submit one, two, or even a few of each.

Take a few minutes to type up your recipes, and mail them to CRR COOKBOOK, 6383 Eisey Drive, Troy MI 48098, or email to: [tandemdepo@aol.com](mailto:tandemdepo@aol.com)

## 20th Anniversary Blue Water Ramble Stats

— reported by Bill Duemling, Event Registrar

First, let me say that all of the volunteers that worked registration did a great job. Special thanks to Bob Goebel for data entry.

The official registration count this year was 1,211. 202 people registered electronically, via the web. We had 43 people brave the cold to register day-of-ride.

Approximately 900 people actually showed up to ride, and of those that did, approximately 600 made the ferry crossing into Canada.

At registration, we heard a few grumbles about the requirement for proof of citizenship, but for the most part, people already knew, either from our website, the e-mails, friends, or from the media's publicity about border crossing delays.

By way of comparison, last year, the final count was 1,287, with 122 registering day of ride, and 145 registering electronically.

Oh yes, the average age of the registered BWR rider? 44.85 years old.

### 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:

##### 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:

##### 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 Super  
Vitus Frame & Fork Metallic Black

Contact Bob Z. - 734-671-9322

#### 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, eck  
rigging, stern bulkhead compart-  
ment, retractable rudder.  
Color: Multi-color, Blue & Yellow  
Price: \$500

Call Bob B - 248-628-9387

### NEW MEMBERS (Roster additions)

Blanchini	Rose	Warren	MI	48091
Blotske Jr.	Paul	Sterling Heights	MI	48313
Pulford	Barbarose	Eastpointe	MI	48021
Schurmaker	Don	Mt. Clemens	MI	48043
Szwed	Rose	Goodrich	MI	48438

barbulpulford@yahoo.com

### ROSTER CORRECTIONS

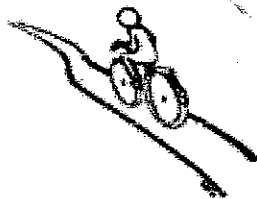
Berthelsen Warren & Barb	810-781-6706	P.O. Box 141	Old Mission, MI	36706
Phillips Timothy W. & Darlene	810-468-0009	40340 Moravian Dr.	Clinton Twp., MI	48036
Gondert Elizabeth	810-336-1593	113 W. St. Clair	Romeo, MI	48065

eagondert@home.com

# Pittsburgh, PA to Alexandria, VA - Part II

— by Al Barton —

*The story of Al's self-contained mountain bike trip continues. His last words in Part I: "The stark realization set in that from here I was going down the trail alone."*



I bid Stash and Fast Eddie farewell and headed onto the C&O Canal towpath at 11 AM in a humid temp of 92. The flatness of the towpath compared to day #2 was a welcome relief. Beech, maple, and oak trees provided a shady alcove for most of the afternoon. In about 30 miles, the towpath went through a 3,200 ft. tunnel. Constructed in the 1830s by hand, it took Irish and German immigrants 12 years to construct. Emerging from the tunnel, I encountered two cyclists sitting aside the trail. The problem was broken spokes in the rear wheel of a Trek mountain bike. Fortunately, my spare spokes were the correct length and the repair was accomplished.

Moving down bound, I came upon a detour where the towpath was destroyed in a 1996 flood. It was necessary to carry the bike with gear up a steep angled ladder for about 30 steps. That was harder than the hills of Pennsylvania.

After biking a short distance on a hiking trail, there was a series of steps going down to the towpath. I lost my grip on the Cannondale and it took off bouncing down the steps. I took a shallow breath, jumped down several steps, and forced my right leg between the down tube and front wheel. The bike stopped rolling but the outer chain ring found my inner knee area leaving six puncture wounds that began

sputting crimson.

After some clean up and recovery time, I rode on nearing Hancock, Maryland, where a national park ranger stopped me to inquire about deer poachers. He was on patrol riding a high-powered 4-wheeler ATV and looking for poachers from West Virginia. The canal and towpath follow the Potomac River and West Virginia is 100 yards away. The ranger highlighted a hike-bike campground on my map that would be a logical overnight spot.

At 5:30 PM, I arrived at the "Little Pool" campsite having completed on Day #3, 30 miles on the road and 64 miles on the trail. In this area, the Potomac is too muddy to swim, so I rinsed off with well water and set up camp. The ranger came by to report that there were stranded cyclists both in front of me and behind me and asked me to help with repairs. The issue was the same — broken spokes and a broken chain. We fixed them all. That night the tent was like an oven but it was the only place to escape the mosquitoes and flies. I went to bed exhausted and feeling sick.

Day #4 dawned overcast and humid. The planned mileage for the day was 67 but I started out feeling very weak, ill, and uncomfortable. After 10 miles, I took a long break at a Potomac River dam area situated adjacent to several restored C&O Canal locks.

This area is very historic and scenic. Following 8 more miles of rough trail riding I stopped to recover. At this point I was shaking and experiencing chest and lung pain. My mileage base had been significantly reduced this summer due to two bouts of bronchitis followed by a serious six-week siege of pneumonia that reduced my lung capacity to 20% of normal.

During this rest period two down bound cyclists went by and I hustled back on the bike to catch them. In about a mile, there was a turn off into the town of Williamsport, Pennsylvania, with a C&O Canal museum. There I met the cyclists, who were U.S. Army officers, rank of major. They invited me to breakfast at a local diner. After a complete meal and an hour in air conditioning, I felt well enough to continue with them.

Leaving the diner, a thunderstorm hit the area lasting for about an hour and turning sections of the towpath into a sea of mud. The officers crossed the river to Harpers Ferry, W. Va, to visit the historic sites. About that time, my rear wheel starting making noise. Guess what? At least two broken spokes were noticeable. I rode the remaining 6 miles in the rain to a Brunswick, Penn. campground with a rear wheel on verge of collapse. With the last seven spokes in my pannier, I sat out in the rain and rebuilt the wheel to the best of my ability.

Day #5 dawned cooler and less humid. The ride plan required 54 miles on the towpath prior to crossing the Francis Scott Key Bridge. Then it would be about 14 miles through city traffic in

Arlington and Alexandria to get to Matt's apartment. The target was to cross the Key Bridge by 2:30PM to avoid the worst of the rush hour traffic. The first 35 miles on Day #5 featured riding through a nature preserve displaying many Civil War historical markers with maps. But the towpath was muddy and littered with rocks and large tree roots. With 20 miles to go to the Key Bridge, I stopped at 11 AM at Swan's Lock to prepare my last trail lunch taking about an hour break.

Leaving Swan's Lock, I came upon three cyclists whose BOB trailer frame was broken at a weld joint. Using duct tape and branches from a maple tree, I fashioned an A frame support. It worked. With only 13 miles to go to the Key Bridge, there was another detour with ladders and steps. I thought, They must be kidding. This time I unloaded the bike and carried the items in two trips up and then down at the nearest towpath access point.

Arriving in the Georgetown area, I saw the Key Bridge ahead. I could not figure out how to get up to "M" street level and onto the bridge ramp since the towpath is far below the main deck of the bridge. Then I saw it. There were three flights of stairs – each with 50 steps. I started shaking. I began to unload the bike when two local bicycle messengers approached and inquired as to what's going on here. I explained my predicament and objective. They said, "let us take over, we can help you" and made two calls on a cell phone. They carried my bike and gear plus their own up those steps in one trip. Looking at the ramp area of the bridge, it was packed with heavy car and truck traffic. The leader said to wait a few minutes. Then two D.C.

bicycle policemen arrived who had taken the call and stated that they would clear out the ramp area and force a bridge lane opening for me. Collectively, that crew led me across the Key Bridge. I just couldn't believe it. Alexandria, VA bicycle policemen were waiting for me on the other side. The ramp area had already been cleared. I looked at my watch – 1:52PM as I entered Arlington, VA well ahead of my target. The remaining miles in busy street traffic were easy with the drivers giving a wide clearance to the bicycle police and myself. I arrived at Matt's at 3 PM. This ride was over!

In summary, the C&O Canal towpath provides a glimpse into life in the 1830s and 1840s. It is a U.S. National Park with ample campgrounds and water supplies. Several have swimming sites. But as for riding, the trip is not for the faint of heart. This is not your local Paint Creek trail. A mountain bike is a must and 40-spoke wheels would be helpful. During the 1996 flood 3 areas of the towpath were wiped out, and the repair process is moving slowly. You must be fit enough to handle ladders with rope handrails, and stairs. I encountered many riders off the trail due to flat tires, broken spokes, and severed chains. Most of them possessed neither the parts nor skills to make the repairs turning their trip into misery. Fortunately, the U.S. park rangers cover the area and provide valuable assistance even to the point of hauling off both bike and rider to the nearest town with a bike shop. Without the hardworking rangers, those unprepared folks would still be sitting by the trailside.



## Cycling decals

*From Arlyn & Sandy Aronson, avid Upper Peninsula cyclists and bike tour leaders:*

We have had decals made which are a white stylized silhouette of a cyclist. These are made by a local sign company from a high quality vinyl sign material, brilliant white in color. Most folks place them on the side or back windows of their autos, inside or out. These are approximately 3x5 inches in size. If interesting in seeing a tandem (only version we have scanned) we have one in a Word attachment we could send to anyone.

We could have some made of a cyclist with panniers if anyone is interested??? I'd guess we'd need to get \$4 each for these but a plain single bike is \$3, tandem \$4 and triplets \$5. If you'd like 4 decals or more then a 50-cents discount per decal can be subtracted. Plus \$1 for shipping.

Anyone is interested in custom bike decals for your auto??? Just ask for details and we'll arrange to have some made.

Thanks! From the very snowy, windy western UP of Michigan ...

Arlyn & Sandy Aronson  
– Superior Tandems  
906-932-9852 (Central time)  
arlysand@cheqnet.net

---

There are extra **Clinton River Riders club jerseys, shorts, winter jackets and polo shirts.** Please call Sandy at 810-781-8315 if you're interested.

## Club Proposal for November Meeting

– submitted by Gary Haelewyn

Sure is nice to see all these newly paved roads here in Southeast Michigan, especially here in Macomb County. Too bad they're not getting a nice paved shoulder. Why, you might ask? The answer is quite simple. Not enough people want paved shoulders. "What do you mean? Mike Sproul, our club's government spokesperson, has been asking for the last 3 years!" Yes, Mike has been asking and so have a "few" others. And that's the problem. The politicians who make the call to spend the extra bucks for paved shoulders keep hearing the same few voices.

So maybe you'd like to help them out but don't know who to contact or even what to say. Well, believe it or not, there are a few club members who actually keep their ears open to what's going on in the local communities. They know what to say and they have a pretty good idea who needs to hear it. What these few club members don't know is, who are the members that want to help.

To help get these two groups – the ones that want to help and the ones that know what to say – get together, I'd like to make the following proposal:

First, add the following to the club application –

Yes, please add me to your list of active volunteers who help promote bicycling at the local, state, and federal level. I under-

stand I may be called on to write a letter or attend a meeting supporting bicycles as a legitimate mode of transportation.

Second, add the following to the club roster –

An asterisk (\*) next to the member's name who checked the above box and a footnote at the bottom of each page of the roster saying: \* = Local, State, Federal support volunteer

Third, add an entry for an E-mail address to the club roster.

Fourth, list the E-mail address on the club roster.

By knowing who will help, those few members who are already contacting the politicians and know what to say and who to say it to, can call or e-mail any of the volunteers (\*) and ask for their help. If it's to attend a local township meeting, a pre-dinner meeting could be set up to discuss what needs to be said beforehand. If the volunteer can't make a meeting or write the letter, they simply say they're not available at this time. If they change their mind and want their name removed, they'll need to notify the club treasurer who will remove the indicator, and they'll need to notify whoever asks for their help to remove their name from the distribution list.

Think this over. I'll make the formal proposal at the November general Club meeting.

– Gary Haelewyn

## Two Videos Missing

Two videos that were donated to the Club lending library this past year are MISSING without being signed out: 'American Flyers' and 'Breaking Away'. Please, if you have these videos, return them at the next Club meeting so others can borrow and enjoy them too.

## Clinton River Riders Mileage & Participation Awards Criteria

- You must be a member as of June 1 to qualify.
- 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 – Friday, Dec. 7.)

• **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.

AWARDS WILL BE PRESENTED  
AT THE DECEMBER 7 BANQUET!