

The "RAMBLER" Newsletter for the Clinton River Riders Bicycle Club

December 2003



Winter Survival - by Laurie Brandt Hauptman
from Colorada Plateau Mountain Bike Trail Assoc

Riding a bike in the wintertime can be exhilarating and a great way to enjoy the unique beauty of winter, or, it can be a miserable experience that causes you to quickly abandon your bike and take up skiing. If you've never experienced riding a mountain bike on a quiet snow-packed road, you've missed something incredible. Here are some suggestions for making your cold weather riding an enjoyable and repeatable experience.

Sometimes it takes a lot of trial and error to learn how to be prepared for winter sports. If you're comfortable you'll do the activity, but if you're cold it's not much fun. So proper clothing is the key to winter fun. The most important clothing suggestion is to dress in **layers**. High tech fabrics have come a long way towards protecting us from the elements. Basically choose a thin synthetic fabric that wicks moisture as the first layer. Don't use cotton underwear, t-shirts or flannel as the first layer. Next use a thicker layer for insulation, such as a fleece vest or long sleeve top. Top off the above with an outer layer that is wind and water-proof as well as breathable. Another great thing about layers is that you can regulate your body temperature easily by taking off or putting on a layer. They also compact nicely so you can carry additional layers without increasing much weight or bulk and you can wear the same clothing for other winter sports. Don't forget insulated gloves, ear warmers, and wool socks.

Drink plenty of fluids before, during and after outdoor activities. Force yourself to drink every 15 minutes while exercising. Winter air is cold and dry thus having a dehydrating effect. A dehydrated body doesn't exercise very well and is more susceptible to hypothermia. Carry an insulated water bottle or use a bladder system with an insulated delivery tube. Following the above suggestions will keep you comfortable, fit and add another memorable dimension to your cycling experiences.

Although the layering system used by Becky Holden is a bit thick (pic), you can experiment with layering on Saturday mornings with Jane Bernard and the Schultz Funeral Home ride. See inside for details. GH

Letter from the Interim Editor

"Thank you" Debbie Angst for the many hours donated to the club as our former Newsletter Editor and Publisher. As the club's interim editor (until a new one is elected in February) I can attest to the great effort you put forth in putting out this fantastic tabloid of club events. I've written stories over the years for the newsletter but I've never had to put it all together before. You did an awesome job Deb and I urge all the members to let Deb know how grateful you are for those efforts.

Gary Haelewyn—Interim Editor

Bill & Annette Smith—Publishers

December 2003						
SUN	MON	TUE	WED	THU	FRI	SAT
	1 MEETING	2	3	4	5	6
7	8	9	10	11	12 BANQUET	13
14	15	16	17	18	19	20
21	22	23	24	25 Ho-Ho-Ho	26	27
28	29	30	31			

HOTLINE

586-819-0222

(Press 1 for latest info)

WEEKLY EVENTS**CHANGES**

Bruce Freeburger

586-775-8838 Bruce@BIKESonTV.com

- Mondays 1st of Month Club Meeting**, 7:00-9:00PM, Clinton Macomb Public Library, 40900 Romeo Plank (From Prestige, take Garfield (N) to Clinton River Road (E) to Romeo Plank (N). Bldg is on right at (SE) corner Romeo Plank and Canal. 1st floor on right
- Tuesdays OPEN**
- Wednesdays OPEN**
- Thursdays 6:00PM** Join the Bills' (Baker and Duemling) at Prestige Cycles (Moravian and Garfield) for a 2+ hour 13-16mph rambling, conversational ride. Lights required.
- Fridays OPEN**
- Saturdays 9:00AM** Meet Jane Bernard at Schultz Funeral Home (Toepfer & Gratiot) for a 14-16mph 25-30 mile ride to Windmill Pointe. Breakfast follows.
- 9:00 AM** Meet TJ Hill at the Stoney Creek Boat Launch for mountain biking to unknown destinations at the pace of the slowest rider for a distance to be determined.
- Sundays 9:00AM** Meet TJ Hill once again only this time at the West Branch Ski trails for more of the same Mountain biking.
- 10:00AM** Join Jane Bernard and the Wolverines at the Cadieux Café (Cadieux bet E Warren and Mack) for rides to Belle Isle or Mt Clemens at varying speeds. Distance and speed varies between 25 and 40.

Membership Dues expire in December and are renewable in October

January 2004

SUN	MON	TUE	WED	THU	FRI	SAT
				1 First Dozen	2	3
4	5 MEETING	6	7	8	9	10 Square Dance
11	12	13	14	15	16	17 X/C Skiing
18 Finance Mtg	19	20	21	22	23	24
25	26	27	28	29	30	31

SPECIAL EVENTS

December 12, 2003—Awards Banquet—Ukrainian Cultural Center 26601 Ryan Road (S of 11) Warren
Snacks will be served from 6:30-7:30 with a CASH BAR. Dinner will include 2 entrees, pasta, tossed salad, vegetable, dessert.
Organizer: Julie Windhorst

January 1, 2004—First Dozen in Dearborn—Contact: Cycling Saddlemen for this annual event.

January 10, 2004—Square Dance at St Malachy (14 Mile and Schoenner)
Beer, wine, pop, pizza, for the non-experienced. Call Art Meerhaeghe for details.

January 18 - Finance Meeting 6:00PM- John Tarantino's house.

January 17th—X/C Skiing—Meet Bruce Freeburger somewhere for a 1 day ski trip up to Cross Country Ski Village. Dinner follows somewhere on the way home.

FOR SALE

Shorts. Call Bob Crowley 248-549-1935, (hardly worn).

Interesting Website

<http://holidays.blastcomm.com/>

Welcome New Members

Shelley Buchler

Out of State Tour

6/19-6/26/2004 17th Annual Sierra to the Sea: with the Almaden Cycle Touring > Club of San Jose. A scenic & challenging 400+ mi. bike and camping tour > thru Northern California. Starting in the historic Mother Lode country of > the Sierra Nevada, the tour traverses the Sacramento and Napa Valleys, > passes thru majestic coastal redwoods near the Russian River, turns down the > Pacific coast, crosses the Golden Gate Bridge & concludes in S.F. Limited > to 110 riders. \$465. Fee includes bus transportation from San Jose to the > start & back to San Jose from the finish; all camping fees, 6 dinners & 3 > breakfasts; SAG, gear transport; & t-shirt and water bottle. Reg. info & a > detailed virtual tour is available at - www.actc.org/s2s or contact us at - > s2s@actc.org

BWR T-shirt Designs will be voted on at the February Meeting!!!

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2004 Blue Water Ramble Chairs:

Chair Person: Open

- **Food:** Tom and Sue Graham
- **SAG:** John Tarantino
- **Parking:** Jerry Pavlat
- **Cleanup:** Bill Stimpson
- **Publicity:** Open

Registration: Bill Baker & Duemling

Clinton River Pathway Group Forming

The meeting of the Friends of the Clinton River Pathway on Thursday, November 20 was well attended by Clinton Township residents and others. Nancy Krupiarz, the state director of Michigan's Rails-to-Trails Conservancy came in support of this venture, with information about grants, trail surface costs, and ideas of how to proceed. A video was shown about the Macomb Orchard Trail. Eric Douglas, the driving force behind this group, spent a good bit of time detailing the route of the proposed pathway. This route will take advantage of some existing trails, and some that are in planning stages, with several "connectors" to be developed. Overall, the Clinton River Pathway will closely follow the Clinton River from Mt. Clemens to Rochester, preserving our beautiful resource for all to enjoy. Other trails will connect with the Pathway to enhance a county-wide network of linear parks.

Eric is in the process of establishing the Friends group as a non-profit organization, so work can begin on grant applications for this project. Monthly meetings will be held at 7:30 pm, the third Thursday of every month at the new Clinton Township Main Library on Romeo Plank and Canal Roads. Everyone is welcome, and encouraged to attend. Now is the time to get involved! What Eric is doing is a great example of a true "grass roots" movement in getting our government to do something we, as citizens, wish. Join in, and put your best talents to work for a worthwhile cause!

HAPPY BIRTHDAYS!!!

November (belated, a bit)

13th *Mary Wilson*

January

01 *James Gallagher*

02 *Denise Kosen*

03 *Patricia Okerhjelm*

03 *Len Redmond*

07 *Karen Redmond*

11 *Debbie Angst*

13 *Marilyn Tarantino*

17 *Frank Mottershead*

19 *Shelley Buchler*

20 *Denny Carlson*

21 *Michael Freeman*

21 *Karen Warner*

23 *Kathy Olsip*

26 *Chuck Maxwell*

29 *Joyce Dzuris*

31 *Pat Finnel*

Essay on Road Rage

Dear Editor and fellow cyclists:

I am compelled to respond to some of the recent dialogue regarding road rage against cyclists. I am here to represent the diametrical opposition to politically correct cyclists who defer to the motorists. I am righteous road rage in reverse, who, while more than willing to SHARE the road, believes that cyclists SHOULD receive priority by default, if not by statute. We all play the game of sharing the road grandly, even theatrically at times, but find that my tolerances for anti-cycling motorists to be growing rather thin after some episodes this past summer.

My war with offending motorists' dates all the way back to 1969. During my Ann Arbor college days, I was commuting to my evening job in the EE lab on North Campus on my beloved Raleigh Competition GS racing bike (no longer owned, stolen in Ohio) when along came 2 punks in a red GTO convertible beside me, and snatched my favorite orange Molteni cap off my head. (Now, while I hear a collective groan of horror, please remember this was the late 60's when the only athletes who wore helmets were football players). To make matters worse, they mocked me with laughter while waving the hat. Enraged, I stood on the pedals and made chase, head down, in my best time trial position. These bozos hit a red light and saw me coming, so they bailed with a right hand turn. Unbeknownst to them, they turned into a parking lot for an apartment complex with no outlet. I had these turkeys. I flew off the Raleigh and jumped onto the hood of the GTO, flaying like a zombie, ripping windshield wipers, bending the antennae, pounding on the windshield. You should have seen the looks on their faces. I rolled off the hood as the driver dropped into 1st gear going through a hedge and bounding over the curb to escape. I wound up with a broken watch, bloody elbow, but NO HAT. But, I feel fairly certain they are no longer a problem to cyclists.

In late July my righteous indignation provided some educational opportunities for folks in downtown Rochester. While waiting dutifully at a red light, a very grouchy old man in a giant oversize pickup truck emblazoned with Confederate flag emblems pulled in behind me and just laid on the horn. I turned and glowered at him for a few seconds through my shades. He appeared to be the type of guy who really never got over the way the Civil War turned out. Well, the light turned green and I proceeded in my lane. As he passed by me in the left lane, he gestured at me in a way, which I interpreted as something to the effect of "get the hell out of the way." Now catching someone in downtown Rochester is easy and I did. I pulled up alongside his window, and began quoting right-of-way and equal access laws at him in rising decibel levels. And frankly, I don't really have a clue what the laws are, but I always quote'em. In fact, during the heat of the moment, I often fabricate laws and regulations, granting cyclists untold powers and freedoms, reciting them as if they were scripture. I figure if I don't know the fine points of the law, they won't, either. Anyway, my diatribe only became more toxic, and he eventually turned down an alley to escape me. EXCEPT HE WENT THE WRONG WAY ON A ONE WAY STREET INTO A WAITING ROCHESTER PATROL CAR. Oh, well, so much for respecting the law. This was witnessed by several motorists and pedestrians, several of whom stopped me and congratulated me. Dontcha just love continuing education??

On another balmy Sunday August evening heading down Orion Road toward Rochester, I received the fright of my life. A pickup truck (yes, another pick up truck...imagine that) came up behind me and blew it's horn as it passed by me by inches doing about 60 mph. I literally felt the whip of wind from the side mirror. I nearly went off the road holding onto my precious Trek for dear life, and as I looked up, the driver was laughing at me with his arm slung over his country-cousin girlfriend. As I pulled into Rochester, my adrenalin line must have been off the charts. I scanned the whole town

like a laser beam, praying to see that truck sitting somewhere. God only knows what I would have done. Seriously. Of course, I never saw the truck, but I spent the next few days plotting a delicious revenge. The fantasy goes like this. I track down the license number, and end up calling the guy. I identify myself as the cyclist he nearly scared to death, and then tell him that, when he least expects it, he will in return get the scare of his life. Then I wait. I let him stew about it for several days, even weeks, letting him watch over his shoulder, peek around every corner. Then, when he just about forgets it, he is greeted by a live snake curled up on the driver's seat of the offending vehicle, with a little note about courtesy to cyclists and a mention that his name, address, and vehicle description has been distributed to every single cycling organization in the Midwest. Please feel free to use this technique if you wish.

I could go on and on. So, am I suggesting to all CRR that you aggressively defend your place on the road? Well, yes and no. I think it is REALLY best to be polite, follow the laws to the letter, and ignore road rage. But, I think the most dangerous thing you can do is give cars too much room, too much deference. You will get clipped. I say, YES, do take your rightful place amongst the cars, and YES, I do think we have a priority, whether by legal mandate or not. It's a sad conclusion, but I think I have come to believe there are a lot more careless drivers than careful ones. As for myself, I will continue to be a defiant, obvious, and vocal presence on our roads. And, if that does not work out, donations to the club in lieu of flowers would be appreciated.
Ride on my fiends,

Al Barton

The Newsletter welcomes Editorial comments,... but keep them short.

A Set of Wheels by Jackie Joyner-Kersey

(submitted by Jane Bernard from an article in Readers Digest) When I was growing up in East St Louis, IL, Christmas was the one time when we got what we wanted. When I was ten, I wanted a bike. All that summer, I'd ridden on my brothers handlebars—a big “no-no.” I hurt my arm once when he fell and I was thrown off. But I wanted to ride, badly. I woke Christmas morning and the first thing I saw was a shiny white bike— with my name on it! It was too cold outside to ride right away, but all that spring as the snow melted I wobbled back and forth on the porch. Finally, when the weather was warm, I took off to explore the neighborhood. That bike made me so happy. So this Christmas I wanted to bring the same happiness to 50 kids at my Boys & Girls Club in East St Louis. We had a toy giveaway at the holiday party, but no one knew the bikes were there. At the end we unveiled them, and the kids were so excited I had tears in my eyes. It was like going back to childhood.

We have a Jackie Joyner-Kersey in our club too and she goes by the name of Sheila Jones. On December 10th Sheila and a some of our members went to Pontiac to help fit bicycle helmets on some wide eyed kids who were getting some brand new bikes for Christmas thanks to donations from various city organizations. Way to go Sheila for promoting bicycles and helping some needy kids have a nice Christmas.

Thanks also Gail Komendera, Pam Dyer, and Doris Mulligan for putting up the club tree at the Festival of Trees this year. Sales from our and hundreds of other dressed trees went to Children's Hospital.

Cravings by -Gail Johnson

Yesterday something God brought to mind,
Is that whenever I feel needy,
Then to others be kind.
Give what I need,
And the blessings tenfold,
Breaks me out of,
A self focused mode.
For others cannot mind read,
The way that I feel,
But when I do unto others,
It gives added zeal.
So go out and surprise your neighbor,
Loved one or friend,
And you will forget what you needed,
But receive it in the end.
For when we focus love on others,
It can't help but come back,
It is all about giving,
When we feel that we lack.
Because it ignites a spark,
From the difference we can make,
Yet it is very surprising,
How little it takes.
It could be a compliment, a smile, or good deed.
For what we ourselves crave,
Is something everyone needs.

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Editors Note: I met Gail and her mother this past fall on a loaded tour Tom Graham, Dewey Womba and I did around Lake Superior. Gail and her mother live in Thunder Bay Canada.