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## *The RAMBLER*



## ***Clinton River Riders Bicycle Club*** ***Access online at [WWW.lmb.org/crr](http://WWW.lmb.org/crr)***

Planning for the 2008 Blue Water Ramble, October 5<sup>th</sup>, begins with a meeting at the Crawford's on February 2<sup>nd</sup> (3 pm). The main topic will be route change to reduce delays in international crossings. Please feel free to send comments or suggestions prior to the meeting. Similarly the annual finance meeting will be at the Tarantino's on February 10<sup>th</sup> (6 pm). Members are encouraged to attend. It is our club and decisions made should reflect the majorities desires .... Don't let it be a majority of one.

Turning the page to 2008 it is time to get your equipment in shape for an outstanding year of cycling. Cleaning, adjusting, and lubrication can be done easily at this slower period of riding intensity. Additionally Mike Sproul brought LMB ride calendars to the meeting and that is a great place to start in developing goals for your increased fitness and participation. Some of the early events this year are included inside the newsletter.

February Birthdays

02/03 Mary Miller

02/06 Barb Berthelsen

02/09 Helen Sprecher

02/13 Sally Palaian

02/17 Diane Baker

02/17 Cindy Rosiek

02/18 Annette Smith

02/21 Joyce Stimpson

02/24 Richard Cuker II

02/24 Dick Klein

02/27 Doug  
MacDermaid

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

**New Members:** None at January's meeting. Our next club meeting is February 11th. As always the 2<sup>nd</sup> Monday of the month at the Mt. Clemens Public Library. 7 pm downstairs.

It is membership renewal time. Please do your part prior to April so the club roster will be accurate. Encourage your friends, co-workers, and new riders to consider being a CRR member too.

Fraser Cycle – Has a new Studio downstairs. 16 riders with computer trainers. \$85 for 1.5 hours if club wants use about \$5 per person on a Saturday afternoon.

This is Clinton River Riders time of year for elections/ nominations of club positions. So far no changes are foreseen. All current members are willing to remain in their positions for at least another year. Any member in good standing is able to nominate or vote for selection of club positions.

Our club's library of DVD's and VCR tapes is now indexed with a list. Any of its materials are available for use via Bruce Freeburger. Bruce is also working on a ski trip to Tawas, Grayling, or Cadillac on Feb. 2<sup>nd</sup>. Choice will be made by those who meet at REI's parking lot at 8 am.

**After a tough ride, an easy spin the next day helps recovery better than a day off.** Now some sports doctors are contending that after an *injury*, easy workouts are better than rest for healing.

## CRR Ride Schedule

**Monday No regular rides scheduled thru winter.**

**Tuesday No regular rides scheduled thru winter.**

**Wednesday No regular rides scheduled thru winter**

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

**Thursday No regular rides scheduled thru winter.**

**Friday**

**8 am or 8:30** Meet Bill & Annette for a 40 or 50 mile ride at 15 - 18 MPH ride. Call Bill at 248-652-2278 or email nlt than Wed.

**Saturday**

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

**9 am** 8 ½ & Gratiot ( Shultz's Funeral Home Parking lot) Meet Jane Bernard or the Mooremans for a 34 mile ride at 14 – 16mph. Goes all winter but weather and road conditions permitting. Breakfast afterwards and 10 minute rest at the mid point.

**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.

Rides – Winter rules apply roads and weather permitting. We would appreciate your opinion and feedback on hotline use/necessity. One suggestion is to go to one line option. Mostly new members and others use was the consensus. Debbie Angst volunteered to update the hotline regularly. Thank you very very much.

More upcoming events -

Bike Feast 1 March 2008 22<sup>nd</sup> annual 170 Mason St, Dearborn.

**Some event rides for early this cycling season -**

**April 12<sup>th</sup>, Riverfront Ride, 10 – 15 miles. See the highlights of downtown Detroit including GM headquarters, RenCen, Belle Isle, and end at Eastern Market. Contact Detroit Synergy thru Alexander Froehlich or [DetroitBikes@detroitenergy.org](mailto:DetroitBikes@detroitenergy.org)**

**May 4<sup>th</sup> Metro Grand Spring Tour (MGST) \$16 before Apr 30<sup>th</sup>. 25, 45, or 62 miles. Contact Downriver Cycling Club – Al Petri Jr or [mgst@yahoo.com](mailto:mgst@yahoo.com) .**

**May 10 & 11 Tour Of the Scoito River Valley (TOSRV) Columbus OH. (100 miles each day) See <http://www.tosrv.org/08/index.htm> for more details.**

**May 10<sup>th</sup> Michigan Recumbent Rally. Contact Wolver-Bents Recumbent Cyclists – Bob Krzewinski, [wolverbob@yahoo.com](mailto:wolverbob@yahoo.com).**

**May 21<sup>st</sup> Ride of Silence Various locations. 12 miles at 12 mph to raise cycling awareness.**

**May 31<sup>st</sup>/June 1<sup>st</sup> Multiple Sclerosis 150 from Holland MI to Hope College. See [www.nmss.org/mig](http://www.nmss.org/mig) or contact [tammy.willis@mig.nmss.org](mailto:tammy.willis@mig.nmss.org) for more details.**

Concerning LMB and its newsletter, 33 cycling clubs belong to LMB in Michigan. LMB has 1,200 actual members. They are now considering bike club members as members of LMB as well. This will dramatically increase their persuasion with legislators.

There is the annual 2008 Bike summit March 29<sup>th</sup>, in Lansing. 1 club member attends free with possible supplementing from CRR if more would like to attend.

**Shoes** are an important bicycling component, as they interface the body to the bicycle and are the site of large and frequent power transferences. What is the best scenario for your feet? The bottom line is that carbon-soled shoes are lighter and stiffer than their plastic counterparts. These attributes ultimately make you go faster when considering the performance equation. We know that carbon shoes are not all created equal. Some models will be stiffer than others. This is not universally disclosed to the consumer. Buyers beware. Shoes with increased stiffness can put you at risk for pressure related foot problems. The use of an orthotic, or foot-bed, may allow for better force dispersal. As always, an informed decision with any of your bike purchases will help you to best meet your individual needs.

Don't try this at home !

### [Arizona Woman Charged With Going 68 In A 45 Zone - On Her Bike](#)

A local Arizona police officer clocked Picket at 68MPH before the hill leveled out. There is a lot of speeding on this hill during the morning commute into town and officers often wait at the bottom to catch the offenders. "The speed limit is 45 MPH because of some blind curves and we just want to keep it safe", said the officer. "This was the first bicycle speeding ticket to be issued on this hill".

Picket says she plans on framing the ticket if she can't get them to lower the \$60 fine when she goes to court next month." Maybe my co-workers will believe me now when I tell them how long it takes me to ride to work".

***Quick Tip:*** Flat tires are never good, but they are even worse on winter rides. Changing a tube is a dirty job when your wheels are mucked up by wet, gritty roads. It gets worse when the tire and rim are a tight match, making it difficult to pry the tire over the sidewall and then put it back on. **So in winter it's smart to use tires with a looser fit.** There are many tire brands and models, and some will go on and off your rims much easier than others. Check at local bike shops.

### 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**

**35401 Utica Road**

**Fraser MI 48026**

**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 know 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. HEARBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Club, the LAW, 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 one 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**