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January 1995

Letter to the Clinton River Riders, from Patti

Just a note of thanks to the members who helped with our SANTA ON WHEELS program, fixing up donated used bikes to give to needy kids for Christmas.

John Payne
Andy & Claudia Neumann
Rick & Sue Moorman
Jan Haelewyn
Ed Rogers
John Edry
Ted Gondert
Hank Thoenes
Glen Drellishak

I am encouraged at the tremendous response to this program - We finally stopped taking bikes after accepting almost 300 since November! The store still receives 5-10 telephone calls per day from people wanting to drop off more bikes! So far almost 30 bikes have made their way to a new home, some have gone to ADC

families. Independent Opportunity in Shelby Twp. has been taking all we can repair to give to families with developmentally disadvantaged kids. It's been a joy seeing smiling faces.

Thanks also to Ron and Marge Skiba for stopping by to cheer us on. Thanks to my other friends and co-workers who gave of their time for the project. You've all made alot of families happy. We've been lucky to have the empty space next door to store and work on the bikes. Next year we'll have to start earlier.

Next Meeting:
February 6, 1995 7:00pm.
at the Mt. Clemens recreation Center
300 Groesbeck (at Lafayette)

President:
Elizabeth Nieman 752-2770
Ride Director:
Diane Baker 247-5694
Secretary:
Laurie Brickner 939-4670
Treasurer:
Pennie Morauski 773-2213
Editor:
Lorie Kamm 777-8726
Co-Editor:
John Kamm 777-8726
Asst. Editor:
Vicki Malloch 979-4076
LMB Representative:
Warren Berthelsen 781-6706
Hotline: 792-4670

Ride Schedule

Call the hotline (810) 792-4670 for updates

Please ride safely.

Lights are mandatory for all late afternoon/evening rides.

Wear warm reflective clothing.

Recurring rides for January

Saturdays 10:00am. Meet Doug MacDermaid at Schultz Funeral Home for a breakfast ride. 20-40mi, easy pace.

Sundays 9:00am. Meet at the Stoney Creek West Branch Parking Area for a mountain bike ride. 40mi, fast pace.

Scheduled rides for January

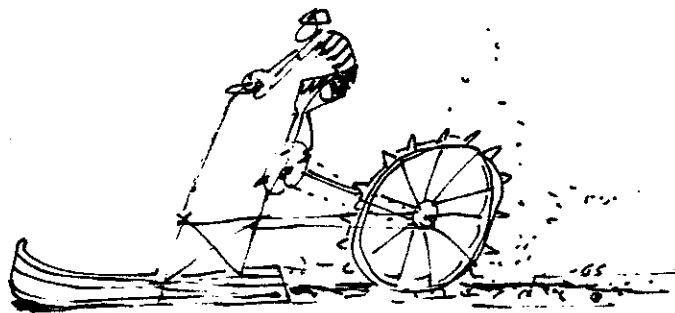
Sunday, January 29, 9:00am. Meet Duane and E.A. at the Romeo High School for a breakfast ride. 43mi, 14-16 pace.

Scheduled activities for January/February

Sundays, 9:00am. Meet Doug MacDermaid for stair climbing at the Westin.

Saturdays, January 21, January 28, February 11, 6:00-7:30pm. Walleyball at the Gateway Racquet Club.(8200 Irving Dr.) Van Dyke at 14 1/2 Mile. The cost is \$36 for 1-1/2 hours per court divided by the number of players. Call the hotline for more info.

Saturday & Sunday, February 4-5. The vertical mile relays will be held at the Westin Hotel. Volunteers are needed to time as well as stair climbing teams. Call Diane Baker or Doug MacDermaid for more info.



-ADVENTURE CYCLING

Happy Birthday to:

Dan Merchant 2-1, Gordon Drew 2-2, Lisa Patterson 2-3, Vince Schauer 2-3, Dorothea Martin 2-4, Carol Trombley 2-5, Trevor Wright 2-5, Barb Berthelsen 2-6, Jeremy Bennett 2-7, Rod Klann 2-8, Mark Pytell 2-9, Brandee Steenbergh 2-13, Andy Neumann 2-15, Terry Entwistle 2-16, Diane Baker 2-17, Scott Malloch 2-19, Robert Butts 2-22, William Salot 2-25, Jill Bennett 2-26, Richard VanBuren 2-26, Ken Koch 2-27, Douglas MacDermaid 2-27, Ralph Schmidt 2-28, Hank Thoenes 2-28

Olympic Watch:

Tickets for the 1996 Summer Olympics in Atlanta will go on sale May 1, 1995. Brochures and order forms should be available in January 1995. For information on how to obtain brochures, call the ACOG at (404) 224-1996.

Editor's Note:

Deadline for the Rambler is the Wednesday after the meeting. Please bring items to the next meeting or call the editors.

Acceptable formats: Hardcopy

Preferred formats: WordPerfect 5.1 or ASCII format, any disk size.

Club Identification Cards

Club identification cards can be obtained from Pennie Morauski (treasurer), 14207 Castle Dr., Warren, MI 48093, by enclosing a self addressed stamped envelope when renewing your membership dues. These cards will be honored at many bike shops in the area, and must be shown in order to receive the discount. Remember, dues are from January through December each year.

Club Jerseys

The club will be ordering 50 club jerseys. Please contact Steve or Pennie Morauski (810) 773-2213 if you are interested in ordering a club jersey.

The following stores offer discounts to club members who show their Clinton River Rider Identification card. Please see the store for details.

Prestige Cycles
(810) 792-4040

Pavlat's Two Wheel Authority
(810) 542-7182

Fraser Schwinn
(810) 294-9168

Pointe Cyclery
(313) 886-1968

Mountain's of Bikes
(810) 412-0500

Antoons
(810) 247-9240

Sterling Schwinn
(810) 979-7570

Sterling Schwinn
(Rochester Hills)
(810) 652-1555

Big Ralph's
(810) 772-3258

Macomb Schwinn
(810) 756-5400

Cycle Nova Scotia

Dan & Beverly Feucht are planning a cycling trip to Nova Scotia this summer. At this point only an outline is in place. We would like to ride for two weeks during July or August. There is room for four or five more people to make two groups of ten. The tentative plans are for camping. If you are interested please call Dan at (810) 528-0557

CRR Elections

Elections will be held at the February meeting. You can only vote if you have paid your dues for 1995.

The Following Members have been nominated for positions on the Executive Board.

Diane Baker - President
Steve Angst - President
George Zloitro- Ride Director
Glenn Drellishak - Ride Director
Pennie Morauski - Treasurer
Julie Windhorst - Secretary
Ted Gondert - Newsletter Editor

We will accept more nominations at the beginning of the meeting, and then will vote.

Members Sell 2,000 Kids Helmets

From the White Clay Bicycle Club's Education & Advocacy Publication, Wilmington, DE

During the last four months, WCBC has been selling children's bicycle helmets at the remarkable price of \$8. Through a special arrangement with the manufacturer, Renaissance Marketing of West Brunswick, NJ, we have been buying attractive Snell and ANSI approved Headstrong helmets and reselling them at cost. The helmets sold like hot cakes. The eager response by parents indicates an increasing recognition of the need for kids to wear head protection while bicycling.

The helmets were sold by WCBC members at their work sites, at YMCA camps; at University of Delaware Ag Day, etc., etc. Non-members sold them through the University Coop Extension, a local school and bank.

Special recognition goes to Patrick George of the McDonalds at Midway Shopping Center. Patrick agreed to sell the helmets through his McDonalds, and sold over 700. He has plans for an even broader effort next Spring.

CLUB CONNECTION



ADVENTURE CYCLING
ASSOCIATION

9th Annual Bike Club Feast Sunday, March 12, 1995

Located at the
Melvin G. Bailey Recreation Center
36651 Ford Rd.
Westland Michigan
(Map on ticket)
4:00pm-8:00pm
4:00 social hour 5:00 dinner
Bring your favorite dish to pass
(Meat, coffee, tee, ice, table service provided).
B.Y.O.B., if desired (pop, beer, or wine only please)
Special Presentations following dinner.

Wear your favorite bike jersey or shirt
Advance ticket sales and more details at the February Clinton River Rider Meeting or call Bill Cleland at 810 775-5125 for reservations. Tickets are \$3.00 each.

Don't miss out, tickets are limited!!

Annual Cease Fire Declared!

From the Rochester Bicycling Club's "The Flower City Cyclist", Rochester, NY

For some of you, the bicycle season is over. For others, however, the real cycling is just beginning. To those who think that winter cycling is a screwball idea, I proudly point to the feature article "icycling", printed in the Democrat and Chronicle in February '93. The little tag under the headline said "trend". I rest my case.

I like winter cycling because I meet only two types of riders, the serious and the suicidal, and it's easy to tell them apart. I like it because there's real challenge to it. I like it because the mere mention of it makes non-cyclists' eyes bug out. And I like it because when I'm riding past gridlocked cars in an afternoon snowstorm, people react with astonishment - even envy - instead of their usual annoyance. Sure, my fingers get cold, my nose gets runny, and my chain gets rusty, but these are small prices to pay for such visceral gratification.

If you count yourself among the hard-core, all-weather riders, be proud - and be careful.

CLUB CONNECTION



ADVENTURE CYCLING
ASSOCIATION



by Gary Toth, from the Capital District Racing Club newsletter.

PLAYING IT SAFE: Sensible precautions for your next off-road ride

A mountain bike ride can penetrate pretty far into near-wilderness, where a change in weather, injury, mechanical problem, or just plain getting lost can result in your being a lot worse than uncomfortable. In addition riding off-road in fall and winter means daylight and warmth are in short supply. An off-road ride in a remote area should be approached with some of the precautions and preparations that are second nature to wilderness travelers:

■ Don't go mountain biking alone. An injury that would be trivial if you had someone to help you get out of the woods can become tragic when you are alone. In a remote area, a minimum group is three; one to stay with the victim and one to go for help. The one who leaves should be the one who knows the area best — he or she has to be able to find the way out and lead rescue people back.

■ Know the area you're riding in. At least one person in your group should be familiar with the area. Get a USGS topographic map of the area and make copies of it. As you learn more trails, mark them on a copy you keep at home. Carry another copy with you.

■ Avoid conflicts with other users. Everybody knows by now that mountain bikes should yield to hikers and especially horses. You may also want to avoid being in the woods during the big-game hunting season. Small game hunters may be encountered at any time, so wear at least some orange or red, and avoid wearing white. Another reason to avoid areas with lots of hunters is that their season lasts only a few weeks, and they have a right to enjoy their pastime too. A group of bikes

riding past will scare the game into the next town and ruin the hunters' day.

■ Carry a repair kit so that you can fix the most common mechanical problems. A tube, patch kit, tire levers, pump, chain tool, and spare links, spoke wrench, and allen keys are the minimum. Don't go empty-handed and depend on your buds to loan you stuff — this gets old fast and they may decide to say no and make you walk out.

■ Carry extra food and water, and some extra clothing in case of a change in the weather. If someone has problems, you may be out a lot longer than you planned.

What if someone does get seriously hurt? There are three types of injury which are a serious problem:

1. Loss of consciousness, possibly with a stoppage in breathing or heartbeat. The latter, of course, is extremely serious; even if someone knows CPR, the chances of survival are nil unless breathing is resumed very quickly. In case of unconsciousness, don't move the victim, as there may be additional injuries. Treat for shock: wrap the patient in all available clothing and elevate legs if possible, then go for help. If the victim wakes up, make him stay put until help arrives. He or she may not be rational and definitely won't be a good judge of his or her own condition.

2. Fracture or dislocation. Treat for shock, then immobilize the injured part with a splint or sling. (Improvise: use sticks, toe straps, pieces of clothing.) If there are enough people in the group, you may be able to carry the victim out yourselves. Send two people out to bring a vehicle back as close as possible to the victim.

3. Severe bleeding from deep cut. Apply pressure immediately, and elevate if possible to stop bleeding. If you apply a tourniquet, an amputation will probably be necessary, and

a badly applied tourniquet will make the victim bleed faster. Use a tourniquet only if direct pressure, elevation, and pressure points fail, and save as much of the limb as you can. Direct pressure and elevation almost always work, and pressure points take care of practically all of the remainder. There are many seasoned EMTs who have never used a tourniquet.

A few first-aid and survival items added to your seat or waist pack will help in case of one of these emergencies. Don't bother with aspirin, first-aid cream, and Band-aids. Minor scrapes can wait until you get home. Put a few 4x4 sterile pads in a Zip Lock bag for applying direct pressure to a bad cut. Clothing can be used over this if the pads soak through, but the chances of infection are a lot less if the first layer is sterile. (Don't remove a dressing once it has been applied: you are likely to open the wound and start it bleeding again).

Another handy item is a small Ace Bandage. This can be used for wrapping or to hold on a dressing. Some waterproof matches in a film can, or a disposable lighter, will enable you to start a fire for signalling or keeping an injured person warm. The map you're carrying might be more useful if you include a tiny compass too.

Finally, always wear your helmet. There are many more hard objects to run into in the woods. I hope that none of us will ever have to use this stuff. However, on the rare occasions when everything doesn't go right, preparation may make the difference in allowing you or someone else to live to tell the tale. ■

ADVENTURE CYCLING
a s s o c i a t i o n

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(406) 721-1776

