



March 1996

Bike Feast

The Bike Feast party with several bike clubs in Westland March 10 was entertaining and the food was good. Several Clinton River Riders attended. Entertainment included magic show, bicycle fashion show by Prestige Cycle and Kevin Degan had a slide show about his cross country ride.

The AXO world tour ride showed the "able" in disabled athletes. Kevin Degan joined 30+ other handicapped riders on the US leg of the AXO tour and he raised money for "Kenny Rehab" a local agency that helps provide adaptive equipment for handicapped people

Blue Water Ramble

Pam Dyer and Vicki Malloch have volunteered as BWR committee chairs. Remember they need your support for the other committees including; publicity, registration, routes and maps, day of ride, sag, rest stops. Please call them or sign up at meetings. October 6th, 1996 isn't as far away as it seems. We need to get started on BWR to make it a success.

Club Membership Dues

Club membership expires in January. Please register by mail or at meeting. See application in this newsletter. Contact the treasurer, Greg Schultz. (810) 775-2208, 15130 Toepfer, East Detroit, MI 48021

Editors Note: Please submit articles by Thursday after the meeting. Mail it to: Ted Gondert, 356 Third St., Romeo, MI 48065 or call, fax or modem me at (810) 752-7043. If you want to FAX or modem something to me, call voice first so I can turn it on. Or E-mail to:

"ac557@detroit.freenet.org"
IBM/DOS 3.5 " disk with ASCII,
WP5.1 or MS Word for Windows
2.0 is good.

For Sale

Centurion "LeMans road bike. 58 cm (23 in) frame. Magenta/White. Tange no 2 tubing. Shimano 105 brakes, BB, HS, cranks, derailleurs. Exage Sport hubs, brake levers, shift levers. Well maintained, in very good condition. Asking \$175. Phone (810)786-5911 Kirk Carolan.

Club Bylaws

John Tarrantino is head of the budget committee. They came up with some small changes to the Clinton River Riders bylaws to improve budgeting. New bylaws were accepted at the March 4th meeting.

Next Meeting

Monday, April 1 1996
7:00 p.m. at Mt. Clemens
Recreation Center
300 Groesbeck (at Lafayette)

President

Steve Angst (810) 573-8089

Ride Director

Rick Jones 879-2490

Secretary

Julie Windhorst 939-6073

Treasurer

Greg Schultz 775-2208

Editor

Ted Gondert 752-7043

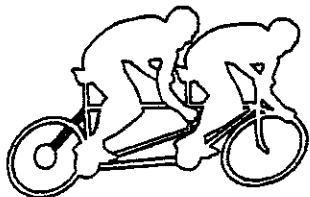
LMB Representative

Warren Berthelsen 781-6706

Hot Line

792-4670

Ramble



Ride Schedule

Reoccurring Rides

Call the **Hotline (810) 792-4670** for updates

Lights are mandatory on evening rides.

Saturday 9:30 a.m. : meet Doug MacDermaid at Schultz Funeral Home (8½ & Gratiot) for 30-35 miles @14-16 mph to Grosse Pointe, breakfast after ride.

Tuesday 4:00 p.m. : meet Jeff Robinson at Prestige Cycles on 36558 Moravian near Garfield in Clinton Twp for ride on recreational trail to Metro Beach.

Full Mood ride for women

Saturdays 8:00 a.m. at the Prestige Cycles bicycle shop on Moravian in Clinton Township on two Saturdays per month near full moon. March 9 and 23, April 20, May 4 are scheduled. Meet Patti Brehler for ride and clinic for women riders. Prestige Cycles is also site of the Michigan chapter of the Women's Mountain Bike and Tea Society (WOMBATS) Call 810 792-4040 for more information.

Scheduled Rides for March

Call the Hotline (810) 792-4670 for updates or call Rick Jones (810) 879-2490 to schedule a ride.

Time Change -Spring Forward

Daylight Savings time starts on Easter Sunday, April 7th. Remember to set your clocks ahead one hour. Get up an hour earlier but have more daylight in the evening.

March is still cold but the riding season is starting. Please contact Rick Jones to plan rides. Check the Hotline for latest news about events that come up after the newsletter is printed.

Sunday, March 17 8:00 a.m. St. Patricks day: meet Rick Moorman at the Broadway Cafe on Gratiot across from County Building in downtown Mt. Clemens for breakfast. Ride will start first 15 mile loop at 9:00 a.m. from the New Street and Pine St. parking lot. Second 15 mile loop will start at 10:30 a.m. Lunch is optional after the ride at the Coney Island in Mt. Clemens.

Sunday, March 31 8:30 a.m.: meet Duane Nieman or Ted Gondert at Romeo High School for 40 mile road or a mountain bike ride on dirt roads to Dryden VFW for pancake breakfast.

LMB Ride Calendars

The League of Michigan Bicyclists ride calendars are out now. LMB members have received them and they were at Bike Feast. CRR members can get one for free at meetings, etc.

Other Rides and Events

Wally Ball

Saturday March 23. 6:00 p.m. to 7:30 p.m.: at the Warren Racquet Center on Civic Center Drive near 12 mile and Van Dyke. Contact Warren Berthelsen 781-6706 for more information. Price of court is 24 dollars per hour, divided by the number of players.

WinterGear '96

March 17-21 in Mount Dora, Florida. Sponsored by the League of American Bicyclists. Ride around the citrus groves and towns around Mount Dora, northwest of Orlando. Routes from 11 miles to 100 miles. Visit Disney World. Contact The League of American Bicyclists, 190 W. Ostend St., Suite 120, Baltimore, MD 21230 phone (410)539-3399 fax (410) 539-3496, E-mail: Bikeevent@aol.com

Glen Lake Ride-about June 21-23

Various routes- will leave from Glen Arbor each day Contact Dave or Gail Komendara for further information. (810) 879-6474

Mio Adventures 1996

June 8 and 9, Mio to Gaylord

An overnight trip about sixty miles each way. Stopping at Garland's for brunch on Saturday morning. Then on to Gaylord to the Holiday Inn. Rooms are about \$80 (eighty dollars) each, all rooms are pool side at this time. Dinner will be at Big Buck's, a new micro brewery and steak house in Gaylord. Sunday will be back to Mio.

June ?, 4-H ride for kids

A two day ride put on for the 4-H club in Mio. This ride is an overnight ride for kids. They will be instructed on safe riding and minor repair.

July 27-28, Mio to Alpena then back to Mio

At this time we are still working for reservations.

September 28-29, Second annual M-M ride the TOSRV of the North. A 210 to 230 mile ride from Mio to Mackinaw and then back in two days. We will have an overnight stop in Mackinaw. Last year we had tail-winds on both days!

October 12-13, Mio Fall Color Tour

Two days of riding and maybe a canoe trip.

If interested in any of these rides call Doug MacDermaid at 810-939-4670 or Glen Pelton 517-TANDEMS (826-3367)

Helmets are required! Rustic camping is available in Mio. Hotels fill up fast so call early.

WinterBike

The WinterBike seminar sponsored by the League of Michigan Bicyclists was informative and fun. The Clinton River Riders had several members attend and also lead some of the seminars. Included were: Bill Duemling, Ted Gondert, Diane Baker, Duane & Elizabeth Nieman, Sue & Jerry Pavlat, Warren & Barb Berthelsen.

Attendees learned about club leadership from Dave Spitler of Louisville Wheelmen. Diane Baker of the CRR and Frank Cousins of the Tri County Bicycling Association presented seminar on Teaching Safe Bicycling program for children. They demonstrated how literature and videos available from LMB can help teach elementary students and parents about safe bicycling. Also told about putting on bike rodeos and classroom presentations. June Thaden hosted seminar on long range planning for a bicycle clubs. Don Reed's seminar was "**Working with Law enforcement.**" Bill Duemling of the CRR had seminar on "**Electronic Communications.**" He demonstrated many ways to use and "surf" the Internet and World Wide Web sites with his own web site and told how it can be used to learn more about bicycling. Ellen Reed, Effective Cycling instructor from Tri-City cycling club had seminar on "**Effective Cycling Revamp.**"

The League of American Bicyclists are revamping the "**Effective Cycling**" course to make it better. It will be split into several different modules including Road I for the basics of the course. Road II and III for more advanced instructions, maintenance courses and also Kids I, II, III for children and their parents. Courses average about 9 hours spread out over a few days. This revamping of the EC course should make it more accessible to people so that more can become "Effective Cyclists" who understand how to ride on the road in traffic, maintain their bikes, etc.

Duane & Elizabeth Nieman of the CRR hosted "**The Big Adventure**" with a slide show about their two-year adventure on bicycles touring from Michigan to Alaska then Hawaii and Australia. Sue & Jerry Pavlat helped put

the slide show together and ran it on their projectors.

"**The Newsletter**" seminar was presented by Mary Underwood of Ann Arbor Bicycle and Touring Society and editor of LMB newsletter.

Bicycle Advocacy seminar was hosted by Noel Weyrich, the LAB advocacy leader. Also had Cindy Krupp of Michigan Department Of Transportation, Terri Musser a bicycle facilities planning consultant, Al Sturges of League of Illinois Bicyclists, Cliff Johnson of Indiana Bicycle Coalition.

"**You have not because you ask not!**" was presented by Dave Stanford, the director of major gifts at Bowling Green University in Ohio. He told us how to raise money from donators by presenting your cause and demonstrating why it's good to donate to.

"**Greenways in Urban Areas!**" was presented by Norm Cox of the Rails to Trails Conservancy. He showed how "linear parks" and "greenways" along abandoned railways and other geographical features i.e. rivers, etc. can improve non motorized transportation and quality of life in communities.

Next year the LMB needs more people to come to WinterBike. If you have any ideas for what you would like to see there, contact Warren Berthelsen or Bill Duemling.

Bicycle Advocate

One of the points made by Noel Weyrich, Cindy Krupp, Terri Musser, Al Sturges and Cliff Johnson at WinterBike about bicycle advocacy was the need for bicyclists to be heard. When new transportation projects or road improvements are made, bicyclists need to be heard from. If project planners don't hear from us they don't know we exist and won't improve bicycling facilities. We need to research what needs improving and what long range plans for road improvements should implement improved access for bicyclists at the beginning of planning. Check with local road commission, SEMCOG and Michigan Department of Transportation to see their plans and suggest improvements.

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DALMAC: the Dick Allen Lansing to Mackinaw bike tour is **August 28th to September 1st.** Applications are out so register soon. Tri County Bicycle Club, DALMAC, PO BOX 219, Haslett, MI 48840-0219 phone (517) 339-1758

LMB family mountain bike tour

Kalkaska- May 18: League of Michigan Bicyclists first family mountain bike tour. Routes from 4 to 30 miles. Registration by 4/15 is \$17 for adults, \$10 for children (age 4-16). Family of 5 or less \$45. Ride on forest trails and gravel roads. Must pre-register by May 10 \$22

Contact: Don Reed, 4765 Ludlow Road SW, South Boardman, MI 49680 (616) 369-2294

Shoreline Bicycle Tours

The League of Michigan Bicyclists 10th annual SBT features several routes to choose from.

East Route is August 3 thru Aug. 10, 378 miles starting in Oscoda with overnight camping stops Alpena, Rogers City, Mackinaw City, Gaylord, Mio and Oscoda

West Route-404 miles, Aug. 3-10

Start in Holland with optional Saturday ride from St. Joe to Holland. Ride along the Lake Michigan shoreline to Mackinaw City.

North Route August 10th thru 17- 362 miles.

Start in the UP at St. Ignace with stops at DeTour, Sault St. Marie, Paradise, Curtis Engadine, St. Ignace. See Tahquamenon Fall, Iroquis Point Lighthouse, etc.

Applications are out. Call Shoreline Registration (616) 744-BIKE (2453) for more information.

The 35th annual

TOUR OF THE SCIOTO RIVER VALLEY

May 11-12, 1996

210 miles ■ 6000 riders

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Send business size SASE:

TOSRV96

P.O. Box 14384
Columbus, OH 43214

Metro Grand Spring Tour

Sunday, May 5: Flat Rock, MI. 10 to 100 miles. send SASE to DownRiver Cycling Club, PO BOX 811 Trenton, MI 48183 (313) 383-0286

One Helluva Ride

Saturday, July 13 in Chelsea Michigan
Routes from 15 to 100 miles. AABTS-OHR, PO BOX 1585, Ann Arbor, MI 48106

League of America Bicyclists GEAR and Rally

GEAR is in Millersville, Pennsylvania, June 7-10. Ride in the Pennsylvania Dutch and Amish country of Lancaster County. Attend the Effective Cyclists class and many seminars about bicycling. Stay in the College Dorms.

RALLY is in Dayton, Ohio, July 3-7. Many rides in Ohio and visit the Wright Patterson Airforce museum. Take the Effective Cycling course and attend the many seminars about bicycling.

RAT, Ride Around Torch Lake, Sunday, July 21: in Elk Rapids. The Clinton River Riders usually stay up in Traverse City for the weekend at Warren & Barb Berthelsen's cottage on Old Mission peninsula. Call Berthelsens for more information (810)781-6706

Michigander V: July 20-26: Ride starts in South Haven and finishes at Metro Beach. The Michigander is mountain bike ride to showcase the Rail-trails in Michigan and provide riders with a scenic tour of Michigan towns and country. Linda Gorecki is the site coordinator for the last day. Riders will start in Clarkston and ride to MetroBeach. She would like some volunteers to help with a rest stop and route planning. Prefer to use back roads and of course Rail Trails and other recreational trails. This event is sponsored by the Rails to Trails Conservancy. Contact Linda Gorecki at her office (810) 651-9260 if you would like to help.

Club Jerseys

There are only 10 club jerseys left in large and XXI sizes. Contact Pennie or Steve Morauski if you want to get one. (810)773-2213 Price to club members is \$37.50.

Club Jackets

The new jackets are on order. Contact Rick Jones for more information (810) 879-2490

Happy Birthday

Josh Brehler 4/4, Rebecca Holden 4/27, Rick Jones 4/2, Jennifer Karl 4/28, William Lajack 4/7, Tommy LoPiccolo 4/12, Nicole Malloch 4/12, Richard Moed 4/7, Mathew Moorman 4/24, Amy Ostrowski 4/11, Phillip Rosiek 4/19, Steve Schmelzer 4/17, Lois Sloan 4/5, Dorothy Smith 4/11, Amber Smith 4/14, Nancy Thoenes 4/27, John S. Williams 4/8, Bill Yoblonski 4/13

Bicycle advocate continued:

Remember that with some research you will be better informed about bicycling facilities than most officials.

Most government official "bicycle planners" don't ride bikes and really think bikes should stay off the road. Would transportation departments hire people who don't drive and really think cars should not be driven so much?

Noel Weyrich defined a cynic as: "Prematurely disappointed" and also said "Not everything planned for happens, but nothing happens that wasn't planned for."

"Institutionalization" of bicycling sounds like they want to lock us up, but it is defined as integrating bicycling into planning. Just as when a new store or building is planned, auto parking is important, so should bicycle parking and access, locker rooms at work for bicycle commuters, etc. Bicycling has to be included in planning as a matter of course. Your involvement can make it happen. Don't expect major changes right away but if we can get improvements in bicycling started now, in several years it can make a difference. Like the old saying goes: "The squeaky wheel gets the grease."

Geese by Gary Haelewyn

Next time you see geese flying along in that familiar "V" formation, you might consider what science has learned as to why they fly that way.

As each bird flaps its wings, it creates an uplift for the bird immediately following. By flying in "V" formation the whole flock adds at least 71 percent greater flying range than if each bird flew on its own.

People who share a common direction and sense of community can get where they are going more quickly and easily, because they are traveling on the thrust of one another.

When a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone - and quickly gets back into formation to take advantage of the lifting

power of the bird in front.

If we have as much sense as a goose, we will stay in formation with those people who are headed in the same direction as we are.

When a goose gets tired, it rotates back in the wing and another goose flies point.

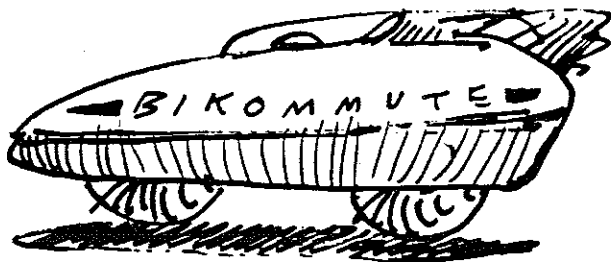
It makes sense to take turns doing demanding jobs

Geese honk from behind to encourage those up front to keep up their speed.

What words of encouragement do we give to the ones up front doing the hard work?

Finally - and this is important - when a goose gets sick or is wounded by gunshot, and falls out of formation, two other geese fall out with that goose and follow it down to lend help and protection. They stay with the fallen goose until it is able to fly or until it dies. Only then do they launch out on their own or with another formation to catch up with their group.

See any similarities?



-ADVENTURE CYCLING

