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## *The "RAMBLER"*

## *Clinton River Riders*



**December 2005**

## *Bicycle Club*

Well, it's that time of year again. We just got our first good fluff last night and this morning I was awakened to that familiar winter sound. Shovel trucks cleaning the streets and my good neighbor Pete out snow blowing the sidewalks and driveways, mine included. Some day I might just buy a snow blower, but for now I rely on my hand shovel for the exercise it provides,... and of course my good neighbor Pete.

I missed the November meeting so I sent a few of my reporters out to get some good stories which I've included in this issue.

Word has it that 6' bike lanes could appear on Gratiot Avenue all the way from downtown Detroit up to Mt Clemens. All that needs to be done is for someone to ask the Detroit Planning Committee to install them. This according to our Prez, Bill Stimpson, who attended an MDOT "listening session" and talked to a Delivery Engineer in charge of the Gratiot Reconstruction Project. No names were given as to who should be contacted but I'm sure some enterprising young member could find this out and report back to Bill by the January meeting.

PEAC (People for Ethical Assaults on Cyclists, not really) are selling jerseys and shorts which include our club's logo on the back of the jersey. You can order your clothing from Erin Shelton 32 N. Washington, Suite 1, Ypsilanti MI 48197. Email Erin at [erin@bikeprogram.org](mailto:erin@bikeprogram.org) and view the jerseys at <http://www.lmb.org/crr/temp/peacjersey.jpg>. Orders need to be placed by December 20.

Another item from John Waterman of PEAC (Programs to Educate all Cyclists, really). John says you can direct your United Way contributions to PEAC simply by stating on your donation form "Plymouth Area United Way/PEAC". The funds are then used to help cyclists with disabilities to enjoy the sport of cycling.

The club's annual Awards Banquet will be held on Friday, December 16th at the Ukrainian Cultural Center, 26601 Ryan Road (south of 11 Mile) in Warren. Cocktails 6:30 (Cash bar—soft drinks and juice) Dinner served at 7:30. The Banquet will include a family-style dinner with 2 entrees, pasta, tossed salad, vegetable and dessert. coffee, tea and milk included. 25 Metro Park passes will be given away and 25 will be sold at \$16 ea. Bring wrapped gifts indicating gender preference. Questions: Call Julie Windhorst (586-939-6073)

Another reminder that all club meetings will move to the 2nd Monday of the week beginning in 2006. They will still be held at the Mount Clemens Library (downstairs) located at 150 Cass Avenue. Bruce Freeberger, our resident librarian, will be doing a slide show on Banff and Lake Louise at the January meeting.

Who was Horatio Earle?

Gary Haelewyn, Editor



# CLINTON RIVER RIDERS 2005 WEEKLY RIDE SCHEDULE

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
<p><b>7:00 P M</b>  <b>CLUB MEETINGS</b>  <b>1ST Monday of Month</b>                      Mt Clemens Library (downstairs) 150 Cass Ave just west of Southbound Gratiot on the North side of Cass across from Mt Clemens High School. Refreshments served.  <b>NOTE: 2006 Meetings will be the 2nd Monday of each month.</b></p> <p><b>NOTE: There will be a SWAP MEET at the February meeting. Bring old bike clothes, parts etc (no bikes) to swap or sell to other members.</b></p>	<p><b>9:00 A M</b>  <u><a href="#">Stoney Creek Boatr Launch</a></u>                      Meet TJ Hill for mountain bike riding weather permitting. If weather is inclement, meet at Onyx Skate at 10:30 for ice skating. Call TJ 586-293-0162 for more info.</p> <p><b>5:00 P M</b>  <u><a href="#">Prestige Cycles</a></u>                      Join Art Meerhaeghe for a 14-16 MPH ride to Metro Beach area.</p>	<p><b>10:00 A M</b>  <b>Rochester Library</b>                      Ride Leader: Gail Komendera 248 879 6474                      Alternate Ride Leaders: Sue Pavlat 248 828 3766</p> <p>Purpose/Goal of Ride: This ride was organized by Gail and Sue several years ago to encourage the ladies of the CRR's to ride their singles. It was recently stated that the ride is open to anyone, which is not the case. It is a ladies only ride so that the ladies don't feel intimidated to ride fast along with the men/or their husbands. Some ladies that come out ride at their own pace of 8-10 miles per hour. (That's what it's all about). When the ladies feel comfortable, Gail takes them off the trail exploring new routes that she learns from Dave who learns them from TJ. We all meet up at the end at Lipuma's for hot dogs, a root beer float, or hot chocolate as weather dictates. Starting time will change back in the spring in a future announcement. Looking forward to seeing you .</p>	<p><b>9:00 A M</b>  <u><a href="#">Stoney Creek Boatr Launch</a></u>                      Meet TJ Hill for mountain bike riding weather permitting. If weather is inclement, meet at Onyx Skate at 10:30 for ice skating. Call TJ 586-293-0162 for more info.</p> <p><b>5:00 P M</b>  <u><a href="#">Prestige Cycles</a></u>                      Meet Bill Baker and Bill Duemling for a 2 hour ride to unknown destinations at a 13-15MPH pace.</p>	<p><b>Velodrome Events</b>   <a href="http://www.velodromeat-bloomerpark.com/">http://www.velodromeat-bloomerpark.com/</a></p>	<p><b>9:00 A M</b>  <b>Stoney Creek West Branch Parking Lot</b>                      Meet T J Hill for 50 miles of mountain biking with a lunch stop around Lake Orion.</p> <p><b>9:00 A M</b>  <b>Schultz Funeral Home Ride</b>                      Bundle up and meet Jane Benard at Toefer (8-1/2 mile) and Gratiot for a 30 –35 mile ride to the Grosse Pointes at a 14-16 MPH pace. This ride goes all winter no matter how low the temperatures, except if the roads are snow or ice covered.</p>	<p><b>9:00 A M</b>  <b>Stoney Creek Boat Launch</b>                      Meet T J Hill for 50 miles mostly dirt road ride at the pace of the slowest rider with lunch stop in Almont.</p> <p><b>12:00PM</b> Join Bob Crowley at 4158 Cooper Ave/Normandy, Royal Oakride with Bob Gagnon, out to O.U. and back. about 2-3 hours, easy spinning, conversational pace with a few efforts.</p> <p><u><a href="#">Meeting Treat List Volunteers</a></u></p> <p><b>CHANGES</b>                      Call Bill Baker 586-739-0261 or email him at <a href="mailto:CRRrides@wideopenwest.com">CRRrides@wideopenwest.com</a></p> <p><b>Newsletter changes:</b>                      Email <a href="mailto:Blueyclist@yahoo.com">Blueyclist@yahoo.com</a></p> <p><b>HOTLINE:</b>                      586-819-0222 (Press 1 for latest updates)</p>

L I G H T S A R E R E Q U I R E D F O R A L L E V E N I N G R I D E S

AVG = Cyclometer Average at end of ride

MPH = Cyclometer Speed while riding

# January Birthdays

Bday	First	Last Name
01/01	James	Gallagher
01/02	Denise	Kosen
01/03	Patricia	Okerhjelm
01/03	Len	Redmond
01/06	Dave	Baker
01/07	Karen	Redmond
01/11	Debbie	Angst
01/13	Marilyn	Tarantino
01/16	Ed	Lindow
01/17	Frank	Mottershead
01/19	Shelley	Buchler
01/20	Dennis	Carlson
01/21	Karen	Warner
01/21	Michael	Freeman
01/23	Cathy	Osip
01/26	Nino	Pacini
01/26	Chuck	Maxwell
01/29	Joyce	Dzuris
01/31	Pat	Finnell

## Welcome New Members

**Tom Harrison**  
**Christopher Prost**  
**Chuck Pottenger**

**December 17**—Sports Nutrition Clinic Featuring Dave Zaran at Fraser Bicycle & Fitness (586-294-4070)

Dave Zaran. Dave is a full-time pharmacist with a wealth of knowledge on nutrition from both professional and personal experience. In the last 5 years he has competed in 3 Full Ironman competitions, 7 marathons, and countless Sprint/Olympic/Half-Ironmans. Dave is extremely passionate about participation in these events and is anxious to share his triumphs and failures regarding proper nutrition. The presentation is scheduled to begin at 6:00pm and will end when the last question is answered. Please join us for what should be a wonderful evening.

**January 14**—Art and Carol Meerhaghe's annual Square Dance. Call Art for details.

**January 28**—Bruce Freeberger 1day ski trip. Call Bruce for details.

Message from bikeleague@bikeleague.org at 11/28/05 4:24 pm

November 28, 2005

Cyclists Score Important Victory in Kentucky

>

In an important victory for cyclists everywhere, the Kentucky Supreme Court has struck down a decision blaming a cyclist for being on the road when a passing vehicle hit her. In reaching this decision, the Supreme Court specifically noted that a driver's duty when passing a cyclist such as the plaintiff in this case requires that the driver not pass "unless he can do so without interfering with the safe operation of [the] bicycle, and that if, in fact he did pass [the cyclist] that he not drive to the right until he was reasonably clear of [the cyclist]."

"This decision is important because it reaffirms cyclists' right to the roads. As an appellate decision, it is binding precedent for future cases in all of the courts in Kentucky," says League Region 1 Director John S. Allen, who has served as an expert witness in bicycling cases. "And we can expect the decision, as it is by a state Supreme Court, to be cited by other courts in future cases throughout the United States."

The League, with in conjunction with local Kentucky bike clubs, filed an amicus brief in support of the cyclist.

In 1905, the year the State Highway Department was created, Michigan roads were quagmires of sand, mud, and clay that trapped horse-drawn vehicles and early automobiles alike. Bicycle clubs, such as the League of American Wheelmen, led the effort to "reform" roads nationwide. In Michigan, the first state highway commissioner, Horatio "Good Roads" Earle (1855-1935), a bicyclist himself, vowed to conquer "The Mighty Monarch Mud." A former state senator, Earle served as state highway commissioner until 1909. Known as "the Father of Good Roads," Earle helped open the state to commerce and tourism. Monuments were erected in Cass City and Mackinaw City in his honor. Although appreciative, Earle stated, "The monument I prize most is not measured by its height, but its length in miles."

### DALMAC 2005 Day Three Mesick Frankfort

There was something special about today's ride and that was that we didn't have to disassemble our tents and load our luggage onto the truck. This would be a loop ride from Mesick to Frankfort and return. As had been the custom lately Dave dot Kom and I were ready to leave at the same time. Since we didn't have to pack I think we headed off about 7:10 AM, surely a new record for me since abandoning my Sunday rides from 13 Mile and Woodward after 1990. Those rides began promptly at 7 AM. My infamous call to arms was a very loud, "Two Minutes," then off we went ready or not.

Those days have long passed and being retired all the 15 years since that time as well as becoming a Mountain Bike Supertourist, 9 AM is the normal start time. Because my group is relatively small I never need to sound the call to arms. If we are a few minutes late getting started that is OK, however we are seldom more than 5 minutes late beyond the 9 AM start time.

So off Dave and I went riding in comfort zone. At the 2.1 Mile mark we turned left onto Hodenpyle Dam Road. There must have been a hill along that road though I have no distinct memory of a hill of significance. We were headed mainly west at this time and I suppose there was some headwind but as for me it was an insignificant headwind. The next road we turned on was Beers, now there is something I could drink too. Oh yes as for drinking I managed to do the entire 500 Miles on about a quarter of the water from my water bottle that I had filled up in Fraser. Not having to be bothered with drinking water I can concentrate on staying on the wheel ahead while others are groping for their bottle then squirting some into their mouth and then having to swallow it without choking.

I don't have any distinct memory of when we got picked up by a group though I'm sure that occurred somewhere along the way. We passed thru Kaleva at the 17 Mile mark, that reminded me of some brand of Coffee. On we went toward Onekama and before riding into the Ocean, Lake Michigan that is, we headed north toward Bear Lake. Bear Lake came and went at the 33 Mile mark as we continued north toward Elberta and then finally Frankfort at the 53 Mile mark. We had to make a left turn to get to Main Street where all the restaurants were located. I'm not sure of our exact arrival time in Frankfort but it was before 11 AM which was the time everything opened. I was with Matt Asenmacher and his crew of Genesee Wanderers who stopped at a Deli. While waiting I spotted Clay and Sally down the block so I wandered down there to a sit down restaurant. Whatever I had was OK but no doubt I paid a lot more than I would have at the stand in line Deli.

I don't know what happened to Dave dot Kom along the way but I can only watch riders that are in front of me. I can hear riders behind me but I never look back. So Dave was somewhere else and would seek his own packs for the return ride that was for much of the way, with the wind. I left with Clay and Sally that at the time I thought was a

good move. However this was the day my energy level began to run low. We reached a hill of significance and I was ignominiously dropped while a pack we had picked up hung onto Clay and Sally's tandem.

I wasn't alone for long before I was picked up by a rider, that rode a pace to my liking. We switched off from time to time as we cruised along in comfort zone until I spotted Tom Weber, Art Anderson, Russell Shubitowski and John Mankiwicz doing a tire repair. I bid adieu to my companion and put on the brakes then joined and watched while John and Tom worked on getting John's tube changed. I believe it took two tubes to get the job done.

Soon we were off as a five pack. As the wind was on our backs I soon picked up the pace and John was left to find his own comfort zone in which to ride. When the wind is on your back the miles go rushing swiftly by us. We lost our starry notions on the way. Then when we reached Mesick we headed not for the bar but the IGA where Tom picked up a 12 Pack of high energy carbohydrate liquid from Milwaukee, aka Beer.

Dave Komendera was waiting for us at the corner and thus we had a four pack to drink a 12 pack. We wandered over to the Library and went around back where there was shade then began to re-hydrate and rehash, aka Bullshit. As beer two and beer three went down the BS got deeper as did our average speed and all the lies one could tell on a lovely ride from Mesick to Frankfort. Now then the ride had covered just 96 Miles and thus we had 4 miles to ride to round up to an even 100 for the day.

Back at the High School Camp the place had become doubly full as the Quad Century riders joined the Quint Century riders. The only downside to this arrangement is the lines for food and John would also be doubled. The food part was no problem to deal with but the John part was of concern to me.

Well it had been another delightful day of riding in northwest Lower Michigan and as I said before there was no wind of significance unless you count the tailwind we experienced on the return ride to Mesick.

Frankfort and Elberta are in the area of some significant hills though the one on which Doug May and Arnie Dzick did a record speed may have been a few miles south around Arcadia. That occurred in the distant past likely in the mid eighties.

So until the Day Four adventure unrolls from the remote recesses of my retrievable memory may all your biking be, "Just Right."

Till next time,  
Happy Days and exhilarating Trails.  
TJ Hill, bicycle aficionado

Message From: Ron Schmid Fraser Bicycle Subject: Training Schedule

Here is the link to the page that explains our training programs: <http://fraserbicycle.com/site/page.cfm?PageID=180>  
At the point on the page where pricing is explained there are links to the corresponding schedules, but here are the direct links:  
Phase I: <http://fraserbicycle.com/site/page.cfm?PageID=189>  
Phase II: <http://fraserbicycle.com/site/page.cfm?PageID=190>

18 Club Jerseys of varying sizes have been ordered and will arrive end of Sept. Club will subsidize \$20 of jersey cost.  
Call Dennis Prost to reserve your jersey.

Newsletter Business Advertising Monthly Rates

**\$10 Business Card size, \$35 1/4 page size, \$50 1/2 page size, \$100 Full page size**

Club members only may send advertisements to [bluecyclist@yahoo.com](mailto:bluecyclist@yahoo.com), and a check, payable to Clinton River Riders mailed to Gary Haelewyn 41706 Merrimac Cir, Clinton Twp MI 48038. Up to 6 months can be prepaid.

## Bike path may get longer River Bends extension needs approval from Shelby board

December 5, 2005 By Frank DeFrank Macomb Daily Staff Writer

Joggers and bike riders could find new turf to trod if Shelby Township officials approve construction of a new hike-bike path in River Bends Park. The township Board of Trustees will consider this week a proposal to extend an existing path in River Bends Park south to the Utica city limits. Construction is estimated at \$670,000 -- \$400,000 of which would be funded by a federal grant. Officials like the project because it will provide another piece of what ultimately will become a continuous path linking Metro Beach Metropark in Harrison Township to Stony Creek Metropark in Washington Township. "The bike trail project, toward the city of Utica, provides the greatest benefit to the overall goal of linking (the two metroparks) with the shortest time line to implement," Lyle Winn, township engineer, wrote in a recommendation to township officials. Parks and Recreation Director David Moore, who also studied several options, concurred with Winn's recommendation. "This portion has already been designed and would be the most economical," Moore wrote in his recommendation. "The current paved path at River Bends Park (near 22 Mile Road) has increased the park usage ... I am sure this section would add to the walkers' and joggers' enjoyment." Township officials planned to build such a path about three years ago when they secured \$75,000 from a Greenways Grant. They planned to apply those funds to others they anticipated from a state grant application. But the state funding never came through and the project was put on hold. U.S. Rep. Candice Miller, R-Harrison Township, recently helped the township obtain \$400,000 through the federal transportation bill, which put the project back on the township's to-do list. Since the project was designed several years ago, all necessary approvals have been secured, leaving officials free to begin construction. "We're good to go on this," said township Supervisor Ralph Maccarone. "We just have to put it out for bids." If the Board of Trustees approves the project at its meeting Tuesday, Maccarone said, construction is likely to begin next spring.

**It's beginning to look a lot like,.... WINTER! ! ! !**





Gary Haelewyn  
 41706 Merrimac  
 Clinton Twp MI 48038

## 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**  
 20584 Hall Rd PMB 247  
 Clinton Twp., MI 48038

**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 known 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**