

THE SPOKE 'N WORD

Volume 32 Issue 4

April 2009

Michigan North Central State Trail

This beautiful 62-mile trail, newly resurfaced with crushed limestone in the fall of 2007, has become one of the premier cycling trails in the Midwest. Its flat terrain makes for easy bicycling through an area of great and diverse natural beauty. Most users' highlights will include the valley of the Sturgeon River and its tributaries and the



To find out more about the Michigan North Central State Trail go to trails council.org and click on the link for the trail. A beautiful pdf file will open. There is a map of the trail and information on places to stay.

This would make for a great weekend get a way ride, just pack up and go!

section north of Topinabee along the west side of Mullet Lake. Besides the terminal towns of Gaylord and Mackinaw City, Vanderbilt, Wolverine, Indian River, Topinabee, and Cheboygan also offer plenty of amenities. Gaylord's Aspen Park has several miles of paved and unpaved multipurpose trails.



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Upcoming DCC Events

April Club Meeting

Thursday, April 2, 2009, 7:00 PM, Brownstown Community Center, Telegraph Between King and West Rd.

Cookie Bake Night

Monday, April 27, 2009, at 7:00 PM, Carlson Catering, 44850 N. I-94 Service Dr, Belleville. Contact Cherie if need directions 313-801-8330

Tuesday Morning Ride

Tuesdays, Willow Metropark Washago Pond, 10:00 am, North Parking Lot. Weather Permitting. The pace will be "C Class" Ride Leaders are Ray Pekarscik and Jack Kelems, Contact # Jack Kelems 734-552-2614

MGST Packet Stuffing Night

Wednesday, April 29, 2009 at 7:00 PM, Brownstown Community Center, Telegraph Between King and West Rd

Membership Renewals were due January 1st. If you haven't signed the Ride Waiver (in this newsletter) and sent it in, be sure to send yours in today

<h1 style="margin: 0;">April 2009</h1>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ride Classification A-Ride 18 mph + B-Ride 14 to 18 mph C-Ride 10 to 14 mph D-Ride 6 to 10 mph			1 April Fools Day!!!	2 Club Meeting 7:00 PM Brownstown Community Center	3	4 9:00 AM B-Ride Begins! Willow, Metropark
5	6	7 10:00 AM C-Ride Willow, Metropark	8	9	10	11 9:00 AM B-Ride Willow, Metropark
12 Easter Sunday	13	14 10:00 AM C-Ride Willow, Metropark	15	16	17	18 9:00 AM B-Ride Willow, Metropark
19	20	21 10:00 AM C-Ride Willow, Metropark	22	23	24	25 9:00 AM B-Ride Willow, Metropark
26	27 Cookie Bake Carlson Catering Belleville	28 10:00 AM C-Ride Willow, Metropark	29 MGST Packet Stuffing Night! 7:00pm Brownstown Community Center	30		

*All rides start at Washago Pond, Willow Metropark or the Foodtown Plaza in Rockwood, unless otherwise specified.

*All rides are weather permitting.

President's Spoke

By Mark Koenig

The month of April means that spring has started. With spring comes two things for DCC: time to get out and clean your bike to ride and MGST. So clean up, lube up, and pump up your tires. Then check out the club's ride calendar.

The MGST pre-ride will be the weekend of April 25th and 26th. It's the weekend before MGST. We will choose which day to ride based on the weather. Look for up and coming dates on the club's e-mail list.

Also in April, is the "cookie bake" night. The date will be April 27th. We will be baking at the same place as last year, and the time and address will be posted on the club's e-mail list as well as in Cherie's article.

MGST packet stuffing night will be Wednesday, April 29th at the Brownstown Community Center. Be there at

or before 7:00pm. As always, there will be food and drinks.

On March 7th we had "Bike Feast." This year was a little different than past years. The food was catered in and served at your table. Everything was very nice. The LMB message was concise and informative, and the slide show was excellent. Thanks to all of those involved.

Keep Peddling
Mark Koenig



Spring Cleaning

By Ron Truax

When it comes to spring-cleaning, I'm not contemplating the house. For that matter, I'm not contemplating the garage either. After 25 years of biking, I've acquired more than my share of bikes and spring-cleaning is long over due. The truth of the matter is, a new one caught my eye. Saw it, convinced myself I didn't need it, then went out and bought it anyway. Don't have it yet, but it's coming. It's new, it's shiny, and it's beautiful, but I have to clean house. Hence, spring-cleaning.

Backing up a bit, when it comes to something as pricey as a bike can be, women have it all over us guys. You're accomplished, experienced shoppers, regardless of the intended target. No matter the price, you WILL know what you're getting for your money, what it's going to do for you, and does it justify the price? Women are not easily deceived or distracted when it comes to calculating the bang for the buck theory. Where as, it's a different story when it comes to us guys. We won't admit it, but we're more like adolescent boys in a room full of toys. If it's pretty, slick, or cool, we have to have it. And when it comes to bicycles, forget design, engineering, or for that matter, the size. If it's the right color, we'll buy it and make it fit. There are after-market accessories, too numerous to count, that can make it fit or perform any way we want. And to top it all off, we feel it's our duty and a small price to pay for pretty, slick, or cool. But because of the before mentioned 25 years, I've gotten past the most dangerous elements of that manly of all manly conditions. I'll know what I'm getting for my money. Oh, I'll buy the bike I don't need, but it won't be

because it's just another pretty face. I've never been a slave to fashion, and as it turns out, I've become more in-touch with my feminine side. If it can't get me down the road faster, easier, smoother and more efficiently, then I don't need it. I agree that the wording may be backwards, but the sentiment is the same. "Show me the money!"

Now getting back to where I started. I've sold four bikes in my attempt to clean house. I like to think of it more as finding them new homes. My Waterford went to a guy in Virginia that collects anything Paramount. My wife's TREK 520 went to Columbus, Ohio, and is crossing America later this year. My restored, vintage Motobecane went to Kentucky where the new owner neither likes nor trusts modern bikes. He wants a good, dependable 10spd with friction shifting. The last to go was the old Schwinn mountain bike I converted into a 26" wheeled touring bike. I put a lot of time and energy into it, and it now has a new home in Stewartsville, New Jersey. They're each beginning a new life and one that's not on a scrap heap.

So now I have this empty hook in the ceiling next to my desk. It's the last in a row of five. The first four are taken up with two road bikes, a track bike, and a lugged, steel-framed, touring bike. The tandem hangs over by the washer and dryer. But it's true, if you have a hook, they will come, and coming it is.

Hey, when I'm dead, I'll be dead for a long time. So while I'm still here, I plan to enjoy myself as much as I can. So, Ride On! Or was that, right on? No matter. Look for me on the road.

Calling All MGST Volunteers

By Tom Ferstle

If you plan on volunteering to work this year's MGST, show up at the April meeting to get your name in for Food Stop Worker, SAG Driver, Registration, etc. There will be a new route this year, with new food stop locations.

Remember, you may also choose to work a half-day and ride a half-day if you desire.

Tour Time

By Joe Mayer

Spring is finally here! It came in like a lion and I'm still waiting for the lamb part! I have been getting the bikes in shape and working on my honey-do list. I'm trying to prepare for an uninterrupted riding season. I have seen a few of you, out there, riding early this season. It won't be long before I join you.

Checkout the riding calendar for April. The Tuesday morning rides will change from 11:00am to 10:00am. The weekly Saturday morning rides will also begin, with a starting time of 9:00am.

See you out there.

April Meeting Has A Program (and snacks)

By Tom Ferstle

After the April's business meeting, there will be a program that will include a heart monitor demonstration and spring riding techniques.

MGST Training:

Most importantly, there will be some MGST training: "Proper Cookie Eating Techniques 101". This course is required for all Food Stop Volunteers. For SAG Drivers, an advanced & very intensive refresher course, E.o.t.R 202 ("Eating on the Road, while using a cell phone"), will also be offered at the end of the program. *Guess who the instructors will be?*

No advance registration is required for either course.

MGST Cookie Bake Night

By Cherie Sword

MGST Cookie Bake Night will be Monday, April 27th at Carlson Catering Company in Belleville. We baked ALL the cookies in one night last year and it worked out well. We will do this again and knock them all out in one night. So come on out and show your support for MGST.

Carlson Catering is located at 44850 N. I-94 Service Drive near Belleville Road behind the Continental Building. Call me if you need more info, Cherie 313-810-8330



Bicycle Commuting

By Bicyledon Van Cleave



March has come and is now about over. It has been my least active bicycle riding month in the past year. January and February brought cold, snow, and only a few good opportunities to ride. The March weather has been all over the board. Cold one day and 60 degrees the next day. The weather has been teasing me and it is time to get back out there. Last year I started commuting in April, so time has come to get back to it.

The plans have started for this season. My wife is starting to want to get out there and ride again, but says she is afraid of crossing that Grosse Ile Bridge. The solution we came up with is a tandem. So after a bit of research we decided on a Schwinn Sierra tandem. Just a mid level comfort tandem similar to the commuting bike I rode all last year. The nice new silver

tandem has arrived at the shop and she has agreed to ride when the weather warms up a bit.

I will start riding soon but must solve one minor problem first. My trusty Schwinn commuter bike was wintering at the bike shop. I decided to put it on the sales floor just in case someone was looking for a good used bike. Well, that person came in and the Schwinn World went home with a new owner. Not a bad problem however, as I now can choose a new bike for this season. The Schwinn commuter treated me very well and the practical side of me says ride the same model. There is also this shiny red Masi calling out my name every time I walk by. Although a more expensive bike it is still very affordable and it is red. Those 70s graphics, the cork grips, and the cool alloy fenders just look great. Although still a commuter bike the Masi has that retro race bike looks and heritage, and again, it is red. Should I treat myself to more than I need? Will a bike like this be too fast? Stay tuned for more info.

Bike Shorts

Just a couple of items from the LMB:

On March 28th is the Michigan Bike Summit. Information is on the LMB web site.

On May 28th is the Lucinda Means Bicycle Advocacy Day. I would encourage everyone to attend both. If you have never been, you will find them both very interesting. Also at the current time both Washington and the State level are deciding how to spend money on transportation. Some of this money CAN be spent on bike projects. Let them know that you would like that. Call or write them. Information is on the LMB site. Or contact me I can assist with specifics. JCarpenter@lmb.org.



Downriver Cycling Club Membership Application and Renewal

All members must have a current signed waiver on file with the Membership Chairperson

Dues are \$10.00 per Household per calendar year or part thereof.

Send check or money order payable to: Downriver Cycling Club

to: Attention Membership Chairperson, P.O. Box 811, Trenton, Michigan 48183

Name _____ Over 18? Yes ___ No ___

Street _____ City _____ Zip _____

Telephone: Day (_____) _____ Evening (_____) _____ Cell (_____) _____

Email Address _____

Preferred method to receive your Newsletter, The Spoke n Word: _____ Mailed to you by regular mail

_____ Notice via email that the newsletter is in on-line in PDF format

ASSUMPTION OF RISK, RELEASE OF LIABILITY, COVENANT NOT TO SUE, AND INDEMNITY AGREEMENT

IMPORTANT!!

PLEASE READ CAREFULLY BEFORE SIGNING

I realize that activities of the Downriver Cycling Club ("DCC") involve bicycling, which can be a HAZARDOUS activity. There are many dangers and risks associated with bicycling including, but not limited to, injury or death resulting from collision with pedestrians, vehicles, other cyclists, and fixed or moving objects; dangers arising from surface hazards such as pot holes or poor road conditions, equipment failure, inadequate safety equipment; conditions stemming from weather; the negligence of myself or others, and trauma or injury arising with the stresses caused by physical exertion. This list is not an exclusive or exhaustive list of possible injuries, trauma or accidents that may occur while participating in activities of the DCC. I recognize that bicycling requires physical conditioning and I represent that I am in sound physical condition and that I have no physical or medical condition that would endanger either others or myself. I am fully capable of participating in activities of the DCC.

I understand that DCC activities are often conducted over public roads and facilities open to the public and upon which the hazards of traveling are to be expected. I acknowledge that the DCC has no responsibility for the condition or maintenance of the roads or facilities upon which DCC activities are conducted. I agree to accept responsibility for the condition of my bicycle and I agree to wear an ANSI, Snell, ASTM or CPSC-approved helmet while on my bicycle during DCC bicycling activities. I have adequate health, disability, and life insurance for my family and me.

I agree, as a consideration of, and in consideration for, being accepted as a member of the DCC, to freely and expressly assume and accept any and all risks of injury or death to me, or property loss or damage, including injury, death, loss or damage attributable to the negligence of the DCC and its sponsors, promoters or affiliated organizations, and their respective agents, directors, officers, volunteers and employees (the "Released Parties").

I also agree to release and forever discharge the Released Parties from any and all responsibility or liability for all injuries or damages that result, either directly or otherwise, from my participation in, or attendance at any DCC activity. I agree not to make a claim against or sue the Released Parties for injuries or damages relating to bicycling or any other DCC activity. I further agree to indemnify and hold harmless the Released Parties for all expenses incurred due to my participation in any DCC activity, including medical and legal or other expenses. As liquidated damages, I hereby agree that if any of the Released Parties are forced to defend any action, lawsuit or litigation by me, my executors, or my heirs on my behalf, I agree to pay the Released Parties' costs and attorney fees if they successfully defend such action, lawsuit or litigation.

If I am injured or become ill, I give permission for transportation to any medical facility, hospital and I consent to and authorize the provision of emergency first aid or medical treatment. I agree to be solely responsible for any costs related to such first aid or treatment.

I further agree to allow all photographs, video and/or any digital images reproduced in association with DCC activities to be used in any way by DCC, and release all claim to rights in and to those images. I permit the DCC or other Released Parties to re-use, publish, and republish photographs or pictures of me or in which I may be included, in whole or in part, or composite or distorted in character or form, without restriction.

I am aware that this is a release of liability and a contract between myself and the DCC and I am signing it freely and of my own accord and I recognize and agree that it is binding upon myself, my heirs and assigns, and in the event that I am signing it on behalf of any minors, I have full legal authority to do so, and realize the binding effect on this contract on them, as well as on myself. In this Release, the use of personal pronouns such as "I," "me", and "my" shall be deemed to include any minor on whose behalf I am signing it. Should a court of competent jurisdiction declare any sentence, clause, paragraph, or part of this agreement unenforceable, the remaining parts or paragraphs shall remain in full force and effect. A copy of this release can be used as if it was an original.

I, THE UNDERSIGNED, HAVE CAREFULLY READ THIS ASSUMPTION OF RISK, RELEASE OF LIABILITY AND COVENANT NOT TO SUE AND INDEMNITY AGREEMENT. I FULLY UNDERSTAND AND AGREE TO ITS CONTENTS.

Print Name _____ Signature _____ Date _____

Signature of Parent or Guardian

Print Name of Parent or Guardian _____

Signature of Parent or Guardian _____ Date _____

Name of Minor _____ Age of Minor _____



P.O. Box 811
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April 2009

We're on the web
<http://www.lmb.org/dcc/>

Our club list-serve e-mail list may be joined by sending a blank e-mail message addressed as follows:
dcc-mich-subscribe@yahoogroups.com Once subscribed, send email messages to dcc-mich@yahoogroups.com

Downriver Cycling Club

The SPOKE 'n WORD Newsletter is published for distribution to DCC members and related organizations. Members ads are welcome at no charge. **Deadline is the 15th of each month.**

Established in 1978, DCC promotes bicycle safety, education and all forms of cycling. DCC is affiliated with the League of American Bicyclists and the League of Michigan Bicyclists.

The Club's Metro Grand Spring Tour is held on the first Sunday in May of every Year.

Meeting are held the first Thursday of each month at 7:00 PM, unless otherwise noted.

Membership dues are \$10.00 per calendar year or part thereof, and include all household members. Members are entitled to the monthly newsletter and voting privileges.

State Bicycle and Pedestrian Coordinator

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LMB Regional Director, Region 4 (Monroe and Western Wayne Counties)
- Jim Carpenter e-mail: jc.animal@sbcglobal.net

LMB Executive Director Rich Moeller, Michigan Only, toll free phone:
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