

# THE SPOKE 'N WORD

Volume 32 Issue 5

May 2009

## ***MGST Activities***

### **Cookie Bake Night**

MGST Cookie Bake Night will be Monday, April 27th at Carlson Catering Company in Belleville. We bake ALL the cookies in one night. We did this last year and it worked out well. We will do this again and have the freshest homemade cookies for our event. 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



### **Packet Stuffing Night**

MGST Packet Stuffing Night is 7pm Wednesday, April 29th, at the Brownstown Community Center. This is when we get all

the packets of registration information, T-Shirts, etc. ready so the registration table flows smoothly.

Al Petri, Jr. and Gary MacGregor have spent many, many hours getting the information ready for this night. All the volunteers that can show up are needed to make this night run well.

### **Day of Event Volunteers**

#### **Still Needed**

Volunteers are still needed to work the MGST. This is the only fundraiser the club has and the money raised goes to help DCC contribute to many worthwhile bicycle programs.

If you would like to volunteer to work a food stop call or email Bicycedon Van Cleave. At this point we don't have enough workers to let the people work shifts. We appreciated any time that someone can give. Bicycledon's email is Bicycledon@comast.net or call him at the shop at 313-381-2833.

If you are interested in being a sag driver, contact Tom Ferstle at tkferstle@sbcglobal.net



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## ***Upcoming DCC Events***

### **MGST**

Sunday May 3<sup>rd</sup>. Our own organized tour. Come on out and help to make this a great success! Contact Mark Koenig 313-291-0938

### **May Club Meeting**

Thursday, May 7<sup>th</sup>, 7:00pm, Brownstown Community Center.

### **Sunday Morning Ride**

Willow Metropark, Washago Pond. C-Ride EZ Pace, 3 parks, 8:00am start to Oakwoods Metropark and back. Pickup the 9:00am group and continue tour. Optional breakfast stop.

### **Tuesday Morning Ride**

Willow Metropark Washago Pond, C-Ride, 10:00am, breakfast ride to nearby towns. Ride leaders Ray Pekarscik and Jack Kelems. Contact Jack at 734-552-2614.

### **Tuesday PM Ride**

Foodtown Plaza Rockwood, 6:30pm, B-Pace rides through rural countryside. Meet at Foodtown Plaza at Fort Street and North Huron River Drive in Rockwood. Contact Gary MacGregor 734-309-5189.

### **Wednesday PM Ride**

Willow Metropark Washago Pond, C+-Ride, 6:30pm. Ride the country roads around New Boston and Belleville. Contact Mark Koenig 313-291-0938 Note: This ride defers to the Ride of Silence on the 20th.

### **Wednesday Night Enchanted Forest Ride**

Willow Metropark Washago Pond, 7:30pm C-Ride, Evening ride through the Metroparks. Bring your lights! Note: This ride defers to the Ride of Silence on the 20th.

### **Thursday PM Ride**

Brownstown Community Center, at King and Telegraph Roads. 6:30pm, B+-Pace, this is a fast performance ride for those who would like to pick up the pace, hone their skills, and ride in a paceline. Check the club's email forum for rides in May.

### **Friday AM Ride May 15th Only**

National Bike to Work Day. This ride is to show our support for bicycle safety awareness. Willow Metropark Washago Pond, Breakfast Ride, C-Pace, 9:00pm. If you're free, come on out!

### **Saturday Morning Ride**

Willow Metropark Washago Pond, 9:00am, B-Ride, This is a longer distance breakfast Ride.

## ***May and June Club Special Rides***

### **DCC "Get Out And Bike Day"**

**Friday, May 15<sup>th</sup>, 2009**

**Start: 9:00am at Willow Metropark  
Washago Pond**

**Breakfast Ride C-Pace**

**Let's show our support for the LMB National  
Bike-To-Work Day**

**Joe Mayer Ride Leader**

### **Tour to Detroit - Belle-Isle Ride**

**Sunday, June 7th, 2009**

**Start: 8:00am Bishop Park at Oak Street,  
Wyandotte, MI.**

**Distance: Approximate 37 miles. C-Pace**

**Breakfast: Big Boy near Belle Isle  
Ride into Elmwood Cemetery and return  
to Bishop Park.**

**Ray Pekarscik Ride Leader**

# National Bike Month - May 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Ride Classification</b> A-Ride 18 mph+ B-Ride 14 to 18 mph C-Ride 10 to 14 mph D-Ride 6 to 10 mph					1	2 9:00am B-Ride Begins! Willow, Metropark
3 <b>MGST</b>	4	5 10:00am C-Ride Willow, Metropark 6:30pm B-Pace Foodtown Plaza	6 2 Rides 6:30pm C+-Ride 7:30pm C-Ride "Enchanted Forest" Willow, Metropark	7 Club Meeting 7:00pm Brownstown Community Center	8	9 9:00am B-Ride Willow, Metropark
10 <u>Mother's day!</u> 8:00am C-Ride 9:00am C-Ride Willow, Metropark	11	5 10:00am C-Ride Willow, Metropark 6:30pm B-Pace Foodtown Plaza	13 2 Rides 6:30pm C+-Ride 7:30pm C-Ride "Enchanted Forest" Willow, Metropark	14	15 <i>Bike to Work Day!</i> 9:00 am C-Ride Willow, Metropark	16 9:00am B-Ride Willow, Metropark
17 8:00am C-Ride 9:00am C-Ride Willow, Metropark	18	5 10:00am C-Ride Willow, Metropark 6:30pm B-Pace Foodtown Plaza	20 7:00pm Ride of Silence, Hines Park Nankin Mills Pavilion, just south of Ann Arbor Trail See Page 4	21	22	23 9:00am B-Ride Willow, Metropark
24 8:00am C-Ride 9:00am C-Ride Willow, Metropark	25 <u>Memorial Day!</u>	5 10:00am C-Ride Willow, Metropark 6:30pm B-Pace Foodtown Plaza	27 2 Rides 6:30pm C+-Ride 7:30pm C-Ride "Enchanted Forest" Willow, Metropark	28	29	30 9:00am B-Ride Willow, Metropark
31 8:00am C-Ride 9:00am C-Ride Willow, Metropark	Ride of Silence May 20 <sup>th</sup> 7:00pm Nankin Mills					

\*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 Monday, April 27th. We will be baking the cookies at the same place as last year, and the time and address will be posted on the club's e-mail list.

MGST packet stuffing night will be April 30th 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



## **Ride of Silence**

Who: Cyclists; road, recreation, commuter, race, triathlon. All who legally share the road

What: The world wide Ride Of Silence™ bike rally

When: Wednesday, May 20, 2009, 7 PM

Why:

- to mourn those cyclists already killed by motorists
- to raise awareness (among motorists, police, and city officials) of cyclists on the road
- to have motorists know we only want to share the road we ride on
- to show that cyclists are not going away

### **THE RIDE OF SILENCE WILL NOT BE QUIET**

On the third Wednesday of May, at 7 PM local around the world, cyclists will take to the roads in a silent protest of the carnage taking place on the streets.

Chris Phelan organized the first Ride Of Silence in Dallas in 2003 after endurance cyclist Larry Schwartz was killed by a passing bus mirror on an empty road.

The Ride Of Silence is a free ride that asks its cyclists to ride no faster than 12 mph for no longer than an hour, and remain silent during the ride.

The rides hope to raise cycling awareness during bike

safety month to motorists, police, traffic engineers, insurance companies, and city officials. The ride is also a chance to mourn, in funeral procession style, those who have already been killed.

The ride requests black arm bands be worn, red only if you have had a bike/motor vehicle accident. Helmets are required; bright clothing and lights are highly recommended for the ride home. There are no fees charged anyone to participate.

Phelan is looking for as many cyclists as possible to join in one of many locations in the US, Canada, Australia, Europe, South and Central America and the rest of the world. Last year there were over 300 locations in all 50 US states, and 18 countries including: Antarctica, Argentina, Australia, Bolivia, Brazil, British Virgin Islands, Canada, Caribbean, China, Costa Rica, Cyprus, Jamaica, Japan, Mexico, New Zealand, Panama, and Spain.

Chris Phelan can be reached at:

[chris.phelan@rideofsilence.org](mailto:chris.phelan@rideofsilence.org)

The web site is: [www.rideofsilence.org](http://www.rideofsilence.org)

Currently registered Michigan rides are listed here:

<http://www.rideofsilence.org/locations-domestic.php?s=MI#MI>

## **Bike Shorts**

For Sale:

Centurion Lemans 10 speed, 1975 ish., 22" center to center. Bicycle is in very good condition

Contact Joe Hurley 734-283-1869



## Tour Time

By Joe Mayer

The weather is improving and I finally decided to join some of you on a few of the club rides. For April the only scheduled rides have been the Tuesday morning and Saturday morning rides. At the April club meeting we discussed the DCC Ride Calendar for this year and I'm happy to say that, as a result, we have an exciting schedule to look forward to. Most of the rides will be in full force by May 1<sup>st</sup>, with two Beginner Rides starting in June. Check out the calendar for start times and places. Each ride will also list the expected pace, to help choose a ride, that's right for you.

The DCC Calendar lists the club's scheduled weekly rides. On a rare occasion, you may find that no one will show up? This could happen because of weather, a holiday, or when there are several events scheduled for the same day. For example, on June 7<sup>th</sup> we have our weekly Sunday morning ride scheduled. We also have the Bike To Belle Isle Ride, and Plymouth has the Farm Lake Tour. Well, there is a great variety of rides to choose from! On days like this, it would be best to check our club's email forum and ask if anyone else will be doing the Sunday Morning Ride.

Not every ride has a designated Ride Leader. I am asking club members to welcome new riders, appoint a sweep and stop along the route to re-group if necessary, and make sure everyone is accounted for after the ride. **LEAVE NO ONE BEHIND!**

May is **National Bike Month**. The League of Michigan Bicyclists is promoting Bike-to-Work Week from May 11-15 and Bike-to-Work Day on Friday, May 15. For those of us who aren't working that day, we can show our support by riding our **Get Out And Bike Day**

Friday, May 15. This is a breakfast ride. We will start at Willow Metropark Washago Pond, 9:00AM, C-Pace.

Ray Pekarscik will lead another **Tour to Detroit - Belle Isle Ride** this year. It will be on Sunday, June 7<sup>th</sup>. The start is 8:00AM at Bishop Park at Oak Street, Wyandotte, Mi. The distance is approximately 37 miles, C-Pace. There will be a stop for breakfast at Big Boy and a tour through historic Elmwood Cemetery before the trip back. This is a great ride!!

On Wednesday May 20<sup>th</sup> there is a "Ride of Silence" at 7:00PM at Nankin Mills and other locations around the area. This is to **HONOR** those who have been injured or killed, to **RAISE AWARENESS** that we are here, and to ask that we all **SHARE THE ROAD**.

Have you ever thought of taking a bicycle vacation? Tour Europe, Vermont, or Colorado perhaps? Stay overnight in a bed and breakfast? Well, how about a toned down vacation that won't hurt your wallet. There are many multi day rides right here in Michigan this summer. There are the Shoreline, PALM, and Michigander tours, to name a few. Instead of the B&B you might have to sleep in a tent, but they haul your gear and have hot showers and food waiting for you each day. Check out the **2009 Michigan Bike Calendar** at [http://www.lmb.org/pages/Events/PosterCal/2009\\_Michigan\\_Ride\\_Calendar.pdf](http://www.lmb.org/pages/Events/PosterCal/2009_Michigan_Ride_Calendar.pdf)

See you out there!



## BEGINNER RIDES

June-July-August

The **Downriver Cycling Club** is hosting an adult ride for beginners, at two locations weekly. Everyone is welcome.

Children (12-17) only with an adult.

These are informative rides geared towards beginners and the casual rider who would like to learn how to ride with a group. Helmets are required.

The pace will be slow to moderate, no one will be left behind!

If you like to have fun and meet people with similar interests, these rides are for you!

### MONDAY EVENINGS 7 P.M.

Willow Metropark at Washago Pond

Parking lot north of pond

The ride will stay in Oakwoods, Willow, and Lower Huron Metroparks.

### TUESDAY EVENINGS 6 P.M.

Foodtown Plaza in Rockwood

The ride will be on paths and roads around Rockwood, Flat Rock, So. Rockwood and Erie Metropark.

**Cycling is a great way to exercise, meet people, and have fun**

**COME JOIN US**

Questions? Contact: Monday Ride - Sue 734-946-4257 Tuesday Ride - jomayer@sbcglobal.net

## **MGST Volunteers Needed**

Food Stop Workers Are Still Needed for MGST

Contact Don Van Cleave at [bicycledon@comcast.net](mailto:bicycledon@comcast.net) or call the shop at 313-381-2833 to volunteer and get set up with a location and shift time.

## **Bicycle Commuting**

**By Bicycledon Van Cleave**



April is nearing its end and spring has sprung in Michigan. With a little luck the snow will hold off until December. The temps have peaked in the 70s a time or two and night temps are 30s or 40s. Earth Day, April 22nd always reminds me to be a little greener and use pedal power. With all that encouragement that nice new red Masi bike followed me

home. It is back on the bike time again as nature is changing the landscape to the better. While riding I have witnessed the deer eating the tops off the tulips starting to peak through the soil. I plant a few extra ones just for them. I also saw many flat frogs out at the parks. This strange breed does not move at all, they just lay in the road thin as a piece of paper cut into the shape of a frog. Similar but plumper ones can be seen hopping along the side of the road near those water holes.

With all this nice weather and change of season my lovely wife has agreed to get out there a pedal with me. So to hold to that statement we have pedaled the Schwinn Sierra Tandem together a few times also. We took the long way around to the Chinese restaurant the other night, even stopping at Kroger for supplies for the next days lunch. Not happy with the seats I installed our rock hard real leather Brooks seats that we have not rode on in years. Tested them for 15 miles today, I will report next month on how they, and we are doing with them.

May is National Bike Month, the third week of May is Ride Your Bike to Work Week, and May 15th is Ride Your Bike to Work Day. Also the Metro Grand Spring Tour, May 3rd is always a good kick off to the season. May is busy month in the bicycle world so remember Earth Day when cleaning your chain, use gentle earth friendly degreaser, and go out for a ride with some friends.



## **20 YEARS OF ZOO-DE-MACKINAC!**

### **It's that time of year again...**

Old man winter is finally gone and it's time to think spring! The **20th Annual Zoo-de-Mackinac Bike Bash** is just around the corner. Celebrate 20 years of great rides and parties, the weekend of May 16th, 2009!

If you haven't made plans to join us for the Midwest's biggest bike bash weekend, now is the time to do so! Find your bike in the garage, dust it off, make hotel reservations and start getting into shape. This year's event will be bigger and better than ever with new sponsors, lots of giveaways, a new post ride party in Mackinaw City, souvenir drink cups, and a chance to test your skill to win a new bike!

Get all the latest information about the 2009 Zoo-de-Mackinac Bike Bash at our website, [www.zoo-de-mack.com](http://www.zoo-de-mack.com). You can register online, find hotels, watch the Zoo-de-Mack video and get all the info you need for this year's event!



### 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  
Trenton , MI 48183

# May 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

Todd Kauffman (517) 335-2918 days Kauffmant@michigan.gov

**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:  
(888) 642-4537, email Office@lmb.org

President - Mark Koenig - mpkcycle@comcast.net  
313-291-0938

Vice President - Don Van Cleave -  
313-381-2833 bicycledon@comcast.net

Treasurer/Membership - John Argue -  
734-771-3446 johnargue@att.net

Secretary - Gary MacGregor. -  
gmac01@sbcglobal.net

Newsletter /Promotion - Deborah Van Cleave -  
734-560-1121 bicycledeb@comcast.net

Touring - Joe Mayer - jomayer@sbcglobal.net

MGST Chair - Mark Koenig. - mpkcycle@comcast.net  
313-291-0938

MGST Pre-Registration - Gary MacGregor  
gmac01@sbcglobal.net

Webmaster - Al Petri, Jr. - aljr@petribikes.com  
313 971 6691

Banquet Chair - Sue and Larry Cooper  
larry.cooper@wowway.com