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The RAMBLER



Clinton River Riders Bicycle Club

Access online at WWW.lmb.org/crr

Please join **Sharon and Dave at 10am on 3/17/10** at the corner of 25 mile rd and Shelby rd (Rainbow Center parking lot) in Shelby Twp for a St. Patrick's Day ride to Romeo along the Apple Orchard Trail. We will stop for lunch at a local eatery. The pace will be no faster than 14 mph.

Plan a visit sometime to the **Bicycle Museum of America** in New Bremen, Ohio. The museum is located at 7 W. Monroe St. (SR 274), New Bremen, OH 45869, and (419) 629-9249. Admission is \$3 for adults, \$2 for seniors over 60, and \$1 for children. The Bicycle Museum of America spans several floors, displaying approximately 300 bikes out of its rotating collection of 1,000. The showcase bicycle is a 70th anniversary Schwinn Paramount, with only 70 built by Schwinn; it's displayed alongside one of the original prototypes from 1937. The Paramount was released in 1938, and several of those models are also on display.

The Clinton River Riders **Men's Trip** is June 11th – 14th in Boyne, MI. Lodging is being reserved and costs are to be shared by all. Contact John Tarantino for more details.

Our Team Sammy Make-A-Wish riders will have a fundraiser on April 25th at Imperial Lanes. On Garfield just south of Hall Rd. \$20 per person, family rates tbd.

The CRR HOTLINE is being discontinued. At the Jan. meeting it was discussed, voted on, and passed.

April Birthdays

04/02 Rick Jones
04/11 Deborah Rodriguez
04/15 Robert Blanchard
04/26 Scott McGovern
04/27 Becky Holden

Club members are entitled to purchase one club jersey per year, at a reduced cost. Contact Debbie Angst at 586-524-3657 or digitaldeb@comcast.net

Visitors: Carole Hacker and Mike Bell were visitors at the last meeting. Welcome to your association with Clinton River Riders. We appreciate your interest in cycling and hope to enjoy many miles riding together.

Our next club meeting is April 12th. Our meetings are always the 2nd Monday of the month. 7 pm downstairs in the Mt Clemens Library on Cass Ave.

Jerry Pavlat would like member to bring returnable containers to club meetings to support **Team Sammy**.

The **Michigan Bike Summit** is March 27th in Lansing. 9 am – 4pm at Peckham Industries (by the airport). There is an option 20 mile bike ride after. Cost \$40.

May 19th is the Ride of Silence

Detroit - Belle Isle (Wheelhouse Detroit) Start: Belle Isle, fountain area. Contact: Steve Roach
Roach@MillerCanfield.com | 313-496 7933
There are numerous locations around the state, for more information go to rideofsilence.org

BICYCLE TOUR MAY 6-7-8, 2010

TULIP TIME FESTIVAL HOLLAND, MICHIGAN
HIGH SPEED FERRY TO MUSKEGON, MICHIGAN
For Ferry Reservation: Send \$125.00 to me before April, 2010. Cycle 40 miles to the Holland, MI. Tulip Festival via bike paths. Lodge two nights & three days at the 80th Annual Tulip Festival. Lodging is \$60.00 per person Call Joan at 1-800- 822-2770.

Wednesday May 26

LUCINDA MEANS BICYCLE ADVOCACY DAY

Start: E. Lansing - MSU Campus

Distance: 3 mi. to State Capitol + optional afternoon ride **Fee:** \$10

April 25-26 Sunday - Monday

ANN ARBOR CLASSIC BICYCLE AND MINIBIKE SHOW AND SWAP MEET Washtenaw Farm Council Grounds, 5055 Ann Arbor/Saline Rd
\$3

Colorado Gov. Bill Ritter touched a wheel and crashed, breaking 6 ribs and separating a shoulder during a recent morning group ride. He was hospitalized for several days. "It's a good thing he was wearing his helmet, because he did hit his head," said a spokesperson, Evan Dreyer. The governor is a cycling enthusiast who met with Lance Armstrong last fall to discuss reviving the famed Coors Classic stage race. "Riding is one of his passions," Dreyer said. "He likes to get on that bicycle. He knows full well when you do that there are risks."

Some of the areas fine local bike stores –

Metro Bike-N-Sports, 36649 South Gratiot Ave, Clinton Twp, MI 48035-1726 (586) 791-3488

Tim's Bike Shop, 33601 Jefferson Ave, St Clair Shores, MI 48082-1174 (586) 293-5823

Fraser Bicycle, 34501 Utica Rd, Fraser, MI 48026-3576, (586) 294-4070 <http://fraserbicycle.com/>

Paul's Bike Depot, 28057 South Gratiot Ave, Roseville, MI 48066-4204 (586) 772-9084

American Cycle & Fitness, 18517 Romeo Plank Rd, Macomb, Michigan 48044 (586) 416-1000 <http://americancycleandfitness.com/>

Anchor Bay Bicycle, 35214 23 Mile Road, New Baltimore, MI 48047-3650 (586) 725-2878

Macomb Bike and Fitness 28411 Schoenherr Road, Warren, MI 48088 (586) 756-5400 <http://www.macombbike.com/>

Main Street Bicycles, 5987 26 Mile Road, Washington, MI 48094 (586) 677-7755 <http://www.mainstreetbicycles.com/>

Allied Cycle Shop 23101 South Gratiot Avenue, Eastpointe, MI 48021-1628 (586) 772-3411 <http://www.alliedbicycles.com/>

The Bicycle Doctor/Continental Bike Shop 24436 John R Rd, Hazel Park, MI 48030-1114 (248) 545-1225 <http://continentalbikeshop.com/>

Hamilton Bicycles & Outfitters 69329 North Main Street, Richmond, MI 48062-1144 (586) 727-5140 <http://www.hamiltonbikes.com/>

A federal judge in New York City has dealt a blow to organizers of Critical Mass rides. Judge **Lewis A. Kaplan** ruled that parade regulations and their enforcement by the city's police department do not violate cyclists' constitutional rights, in particular their freedom of speech. The result is that groups of 50 or more riders must have a parade permit or they can be ticketed or arrested. A lawyer for NYC said he was pleased with the decision, which in his words "stemmed from Critical Mass bicyclists' lawless behavior, which included intentionally blocking traffic, riding through red lights, and cycling the wrong way on both one-way and two-way streets."

Late winter and early spring riding can be really hard on tires. When the roads are wet it is harder to see glass and tires tend to pick up more glass. If you suffer regular flats it might be time to replace a tire especially if it has a few slices. If you choose to continue using the tire you can fill any external cuts in the tire with super glue gel or silicone caulk. Any cuts that go all the way to the tire core treads cannot be ignored. If it has good tread left on the tire a person can boot it and save the new tire for better riding conditions.

If you hear any consistent clicking noise from the tires, stop to wipe off or pull out anything sticking in a tire before it can cause a flat. Remove glass, staples, or anything else that may be stuck in the tread after every ride. Fixing a flat on the road is not as fun as riding so take a little time to prevent flat tires and get the most out of your tires.

Prepare for success, starting now -

Anyone who had a less-than-productive winter can gain sufficient fitness for the spring's first big event.

Let's use May 2nd (MGST) when you'd like to ride 62 miles (a metric century). There are about 9 weeks to get ready. Start by riding 1 or 2 days during the week. Include some intensity in the form of group rides, intervals, or hills – something fun to do without feeling spent. After 2 or 3 weeks, include a long ride of about 30 miles. After 5 weeks, track each week's mileage and speed. Don't be afraid to moderate one for an increase in the other. For example if you are riding 80 miles a week at 14 mpg avg. You may ride 100 miles at a slightly slower average or 60 miles at 16 mph avg. in a given week. By week 8 you should be feeling pretty confident that 62 miles in one day is manageable. Sometime between week 6 and week 9 it is a good idea to try a onetime ride of 45-55 miles. Your body and bike are ready for this by now. You need to get a feel for calorie/fluid needs as well as recovery expectations. (continued page 5)

In weeks 8 & 9 there should be not changes you need to make to your bikes adjustments. Also 3 or 4 days prior to an event give your body a break with virtually no riding, just some stretching and mental preparation. Beyond this don't just peak here look for other events with challenges to conquer.

2010 IVBP SCHEDULE

- 1.) April sat/sun's - work days to prepare for 2010 season
 - 2.) May 1st - sat - Official Opening Day
 - 3.) *May 15 – WOMEN'S TRACK CLINIC 11am
 - 4.) *May 16 - MBRA/IVBP Spring Time Trials – 11am
 - 5.) Ride of Silence
May 19th Wednesday night 7-8pm
 - 6.) NAS-TRACK FRI NITE MADISON SERIES:
June 11, 18, 15 - 7:30pm start
July 9, 16, 23 - 7:30pm start
July 30th - NAS-TRACK CHAMPIONSHIPS (State Madison Champions)
 - 7.) *UIV/IVBP 3 DAY MADISON July 2, 3,4th – 7:30pm
 - 8.) American Vintage Track & Road Bike Festival July 3rd – 4pm – 9pm
 - 9.) *MBRA/IVBP STATE TRACK CHAMPIONSHIPS: A & AA July 30th -
State Scratch Championships/ National Qual.
- State Madison Championships/ National Qual/NAS-TRACK July 31st –
State Sprint Championships/ National Qual.
- State 500m,1000m,2000m, 3000m,4000m Time Trials
- State Keiren Championships
 - 10.) *MBRA/IVBP JUNIOR STATE TRACK CHAMPIONSHIPS Aug 6th -
State Pursuit, Sprint, Keiren Championship FINALS
 - 11.) *DETROIT 6 DAY: Aug 10 - 15th
 - 12.) SOUPeR BOWL SUNDAY: Sept 12
- *MRBA/USACycling permitted events

Representative Earl Blumenauer (D-OR) just introduced the [Active Community Transportation Act, H.R.4722](#). This groundbreaking bill creates a competitive grant program with \$2 billion to help communities build bicycling and walking networks. For the first time, communities would be able to compete for multi-year funding to build active transportation systems, just as they do for transit and road infrastructure.

We thank Representative Blumenauer and the other original sponsors - Russ Carnahan (D-MO), Michael Capuano (D-MA), Steve Cohen (D-TN), Bob Filner (D-CA), Dan Lipinski (D-IL) and Jim Moran (D-VA) - for championing bicycling and walking.

TALKING POINTS

Please call your representatives on March 11th to ask them to co-sponsor H.R.4722: ." Tell them:

- Bicycling and walking are part of the solution. Half of all trips in the United States are three miles or less, yet the majority of these short trips are made by car. Shifting more of these short trips to biking and walking would not only reduce congestion, air pollution, greenhouse gas emissions, and our dependence on oil, but will also improve physical activity, safety, and livability.
- Investing in bicycling and walking infrastructure works. Commuting by bicycle has increased 43 percent since 2000 - and by 69 percent in designated Bicycle Friendly Communities that have invested in infrastructure improvements.
- Please co-sponsor the Active Community Transportation Act (H.R.4722).

Your elected representatives –

Sen. Carl Levin (D)	202-224-6221	Fax: 202-224-1388
Sen. Debbie Stabenow (D)	202-224-4822	Fax: 202-228-0325
Rep. Bart Stupak (D-1)	202-225-4735	Fax: 202-225-4744
Rep. Peter Hoekstra (R-2)	202-225-4401	Fax: 202-226-0779
Rep. Vernon Ehlers (R-3)	202- 225-3831	Fax: 202-225-5144
Rep. David Camp (R-4)	202-225-3561	Fax: 202-225-9679
Rep. Dale Kildee (D-5)	202-225-3611	Fax: 202-225-6393
Rep. Fred Upton (R-6)	202-225-3761	Fax: 202-225-4986
Rep. Mark Schauer (D-7)	202-225-6276	Fax: 202-225-6281
Rep. Mike Rogers (R-8)	202-225-4872	Fax: 202-225-5820
Rep. Gary Peters (D-9)	202-225-5802	Fax: 202-226-2356
Rep. Candice Miller (R-10)	202-225-2106	Fax: 202-226-1169
Rep. Thad McCotter (R-11)	202-225-8171	Fax: 202-225-2667
Rep. Sander Levin (D-12)	202-225-4961	Fax: 202-226-1033
Rep. Carolyn Kilpatrick (D-13)	202-225-2261	Fax: 202-225-5730
Rep. John Conyers (D-14)	202-225-5126	Fax: 202-225-0072
Rep. John Dingell (D-15)	202-225-4071	Fax: 202-226-0371

Don't let your silence be consent. They represent you; let them know what you want done.

CRR Ride Schedule

Monday

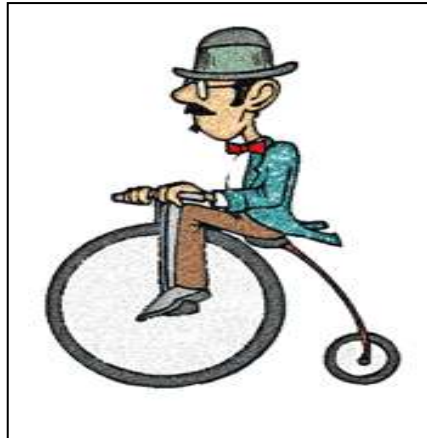
Tuesday

Wednesday.

Thursday

Friday

Saturday



9 am Stony Creek Boat Launch parking lot, meet TJ Hill for mountain bike riding, pace of TJ. Call TJ at 586-293-0162.

9 am Saturday Shultz's ride The ride starts from 8 ½ & Gratiot, for about 30 miles at a pace of 14-16 mph. Goes all winter weather and road conditions permitting. The Moorman's, Les Dunham, or Ron Truax usually leads this ride.

Sunday

9 am Stony Cr Boat Launch Meet TJ Hill for 50 miles of mostly dirt road riding. With a lunch stop somewhere near the 30 mile mark. Call TJ at 586-293-0162.

Rides – Winter rules apply roads and weather permitting.

Dick Williams Ride Director rsw@sundvik.com or 989-326-1630.

Newsletter Changes to Les Dunham, lesdunham@hotmail.com or 586-216-4135.

