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The RAMBLER



Clinton River Riders Bicycle Club ***Access online at WWW.lmb.org/crr***

Our weekly ride schedule is heating up. Most of the regular weekly evening rides are very similar to last year. Please see our ride schedule inside for more details. Paces and distances are frequently easier early in the season and progressively increase.

The Men's Trip is June 5 thru 8 in Holland, MI. Al Barton is planning the routes, and he claims no hills. Contact John Tarantino to attend or if you need more details.

The 2009 Michigan Ride Calendar is out in paper copy and online at www.lmb.org. Most of the annual favorites are still scheduled and others are new or re-titled. There are other money saving coupons and good information to be had.

John and Marilyn Tarantino are leading their annual Mothers Day ride. May 10th 9am from Stony Creek Metro Park (boat launch) to Wolcott Metro park and back. With a gathering at their residence afterwards for those who wish. Please let them know if you will attend to plan accordingly.

May Birthdays

Date

05/05 Mike Holden
05/05 Jim Karner
05/07 Will Lajack
05/08 Alphonse Grzelka
05/16 Thomas Miller
05/16 Sandra
Studebaker
05/16 David Kruse
05/19 Gerald
Bartels
05/19 Rosemary
Johnson
05/21 Kathy Scianna
05/25 Linda Daniels
05/25 Leslie Rumohr

Club members are entitled to purchase one club jersey per year at a reduced cost (\$34). Contact Dennis Prost at 248-931-7300 or email dmprost@strategicfnding.com to get yours today.

Visitors: Richard Williams, Michael Boldys, and Jerry Bagierek visited and/or joined CRR at our March meeting. We welcome you to our organization and wish you many happy miles riding together.

Our next club meeting is May 11th. Our meetings are always the 2nd Monday of the month. 7 pm downstairs in the Mt Clemens Library on Cass Ave.

BWR Update -

Debbie Angst brought an example bag and outlined the long sleeve shirt design. Shirts are free to BWR volunteers or a bag may be selected at a modified price.

We are still seeking a Chairperson for the 2009.

Other Information -

Please update your CRR memberships if you have not done so already.

Ride of Silence -

May 20th 2009, 7 pm, various locations in the Metro Area <http://www.rideofsilence.org/main.php>

Earth Day Celebration - April 18th. 9 am at Stony Creek, Eastwood Beach. Also at other Metro Park locations around southeast Michigan.

Quick Tip: Be a Cat on Climbs. Think "smooth and fluid" as you go from sitting to standing and vice-versa. By not lunging forward or sitting heavily you'll save energy and preserve momentum. Just before standing, shift to the next 1 or 2 smaller cogs so you won't lose speed as your cadence naturally decreases. Then as soon as you sit again, click back to a lower gear to regain a quick spin of about 80 rpm. Remember to extend your arms to push the bike forward as you go from standing to sitting. This will gain a few centimeters and put your butt toward the rear of the saddle where most riders have more pedaling power.



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George Zloitro
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Bicycle riding in the U.S. increased to 44.7 million participants in 2008 after hovering at the 40-million mark for several years. The improvement is attributed mainly to youngsters in the 7-11 and 12-17 age groups. An official of the survey-taking National Sporting Goods Association says more teenagers may be getting on bikes because of higher gas prices or parents who can no longer afford to buy cars for them. Overall, bicycling finished in sixth place behind (1) exercise walking with 96.6 million participants; (2) swimming; (3) exercising with equipment; (4) bowling; (5) camping.

Quick Tip: Springtime Visibility. To be seen in the typical road environment you'll be more successful wearing orange, red, pink, yellow or something florescent. In the springtime countryside, however, some of those colors don't work much better than a black jacket on a rainy day. If you ride where grass is coming to life and flowers, trees and bushes are blooming, take note of the many shades of yellow and green surrounding you. This can turn a yellow jersey into camouflage. A good choice in April and May is medium blue, a hue that contrasts fully with vegetation and isn't normally seen by drivers gazing down the road.

May 28th Is Lucinda Means Day in Lansing. 9am-4pm at the Foster Community Center.

If at first you don't succeed, skydiving is not for you.

Eagles may soar, but weasels don't get sucked into jet engines.

Choose Your Ride Wisely -

Organize the Group Lots of springtime group rides are appearing. These rides are where we meet friends, pedal some miles and work for fitness. They're the basis of cycling culture.

There's one catch: To enjoy a group ride, you have to stay with the group. It's not so fun to hang on for 30 minutes only to get struggle on the first hill and spend the rest of the miles alone. But if you're a stronger rider, it's tedious to pedal slowly just to keep everyone together.

Here some pointers for group rides, the goals being (a) no one gets dropped, and (b) everyone has fun.

Find the right group. Ideally, it won't be too fast or too easy for your present fitness. You know yourself and abilities best. If you are continuing to improve and get stronger then at times one might struggle at the back of the pack.

Follow the leader. Every group needs a rider who sets the rules and politely sees that they're followed.

The strongest riders should pull the group together if it splits. The group slows as someone can drop back to pull the dropped riders into contact.

The right amount of work. If you're a relatively strong rider, get a good workout by spending more time at the front. If you're concerned about the ride's speed or distance, don't pull at the front. If you do, take very short turns. Get maximum draft. Climb at your own pace on hills.

Cannondale is ending frame production at its 232,000-square-foot facility in Bedford, Pennsylvania. All its frames will be built in Asia beginning with the 2011 model year. Currently, the company's all-aluminum and aluminum-carbon frames are made in Bedford while all-carbon frames are produced in China. An official for Cannondale owner Dorel Industries cited \$4 million in annual savings as the reason for the overseas move. For example, it reportedly takes 45 hours to manufacture a Cannondale carbon frame, and that labor costs \$1 per hour in China vs. \$35 in the U.S.

CRR Ride Schedule

Monday

Tuesday

5:30 pm Sheffield Shuffle NW corner of Big Beaver & Cunningham (1 blk west of Coolidge) Meet Rick and Sue Moorman for a 15 - 18 mph ride with a distance of 35 - 50 miles.

Wednesday.

9 am Rick & Sue Moorman lead a 30 mile ride from TBD To TBD. Contact Rick for the weekly particulars.

The Angst ride from Naldrett will start in May some time.

Thursday

6 PM Meet Carol Green at Masonic and Jefferson for 30 miles of 15 - 17 mph riding. Slightly easier early in the year.

6 pm MSU Management Center, Square Lake and Crooks. This year will start slower. Meet Rick Jones for a fast ride 15-17+ for a distance of 30 miles. Start together - end together.

Friday

9 am Meet Bill & Annette for a ride at 15-18 MPH ride. Call Bill at 248-652-2278 or email nlt than Wed. Meet often at the Romeo Kmart to various destinations.

Saturday

8 am Stony Creek (boat launch) to Armada. 44 miles at 16 - 22 mph (2 groups) with a stop in town to eat. Starts May 2nd.

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

9 am 8 ½ & Gratiot (Shultz's Funeral Home Parking lot) Meet Jane Bernard or the Mooremans for a 34 mile ride at 14 – 16 mph. Goes all winter but weather and road conditions permitting. Breakfast afterwards and 10 minute rest at the midpoint.

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.

Gary Haelewyn Ride Director HOTLINE 586-819-0222

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

Since it is tax season here is a cute analogy of our system –

Once a week 10 men have lunch together. The bill for all ten comes to \$100. If it were paid the way we pay our taxes, the first four men would pay nothing; the fifth would pay \$1; the sixth would pay \$3; the seventh \$7; the eighth \$12; the ninth \$18. The tenth man (the richest) would pay \$59. The 10 men ate lunch in the restaurant every time and seemed quite happy with the arrangement until the owner threw them a curve.

"Since you are all such good customers," he said, "I'm going to reduce the cost of your daily meal by \$20." Now lunch for the 10 would cost only \$80. The first four are unaffected. They still eat for free. Can you figure out how to divvy up the \$20 savings between the remaining six so that everyone gets his fair share?

The men realize that \$20 divided by 6 is \$3.33, but if they subtract that from everybody's share, then the fifth and the sixth man would end up being paid to eat their meal. The restaurant owner suggested that it would be only fair to reduce each man's bill by roughly the same amount that each paid and he started to work out the amounts each should pay.

And so the fifth man paid nothing, the sixth pitched in \$2, the seventh paid \$5, the eighth paid \$9, the ninth paid \$12, leaving the tenth man with a bill of \$52 instead of \$59. Outside the restaurant, the men began to compare their savings.

"I only got a dollar out of the \$20," declared the sixth man pointing to the tenth, "and he got \$7!"

"Yeah, that's right," exclaimed the fifth man. "I only saved a dollar, too. It's unfair that he got seven times more than me!"

"That's true," shouted the seventh man. "Why should he get \$7 back when I got only \$2? The wealthy get all the breaks."

"Wait a minute," yelled the first four men in unison. "We didn't get anything at all. The system exploits the poor."

The nine men surrounded the tenth man and beat him up. The next day he didn't show up for lunch, so the nine sat down and ate without him. But when it came time to pay the bill, they discovered something important: They were \$52 short!

And that, boys and girls and college instructors, is how our tax system works. The people who pay the highest taxes get the most benefit from a tax reduction. Tax them too much, attack them for being wealthy, and they just may not show up at the table anymore. There are lots of good restaurants elsewhere in the world.

