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## *The RAMBLER*



## *Clinton River Riders Bicycle Club* *Access online at [WWW.lmb.org/crr](http://WWW.lmb.org/crr)*

John & Marilyn Tarantino are planning a **Mother's Day ride, May 9th**. Meet at Stony Creek boat launch at 9am for a ride out to Wolcott and back at a 14 mph +/- pace. Feel free to join them at their residence afterwards for brunch. RSVP would be appreciated.

This year John and Marilyn will chair the **2010 Blue Water Ramble**, on October 3rd. Thanks also to the Windhorst's and Jones's for taking on registration. Steve Angst will manage parking. Sign-up sheets should be at the next meeting and beyond. Be a part of the success that our BWR has a reputation for. Debbie Angst informed the meeting attendees that black and hot pink are the colors the design team have chosen for this year's shirts.

Several changes are taking place to the weekly ride schedule. See inside for more details.

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



### May's Birthdays

05/01 Douglas Paulk  
05/05 Jim Karner  
05/05 Mike Holden  
05/06 Jack Logomarsino  
05/07 Will Lajack  
05/08 Alphonse Grzelka  
05/11 Judy Logomarsino  
05/16 Sandra  
    Studebaker  
05/16 Thomas Miller  
05/16 David Kruse  
05/17 Herbert Fraleigh  
05/19 Rosemary  
    Johnson  
05/19 Gerald Bartels  
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. Contact Debbie Angst at 586-524-3657 or [digitaldeb@comcast.net](mailto:digitaldeb@comcast.net)

**Visitors:** Karen Bhagwat and Mark Carlson were visitors at the last meeting. Jill & Mark Maxwell are new members. 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 May 10th. Our meetings are always the 2<sup>nd</sup> 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**.

### May 19<sup>th</sup> 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

***Ray LaHood expounds on his pro-cycling stance in the New York Times recently. The U.S. Secretary of Transportation made headlines in March when he told the National Bike Summit that cycling (and walking) should be given the same consideration as motorized travel in state and local transportation projects. Critics have jumped on the declaration, saying LaHood is taking the country in the wrong direction.***

**Traveling by air with a bicycle? Here is some FYI -****BEST AIRLINE WEIGHT/SIZE LIMITS COST**

Frontier 99.9 pounds/109 linear inches	\$50
Southwest 100 lb. (larger bags are cargo)	\$50
JetBlue 99 lb.	domestic, \$50
	international \$80

**WORST**

Delta-Northwest 100 lb.	\$175 domestic, \$300 international
United 50 lb.	\$175 domestic, up to \$250 international
American 70 lb./115 in.	\$100

**Komen Mid-Michigan Ride for the Cure Saturday, August 7, 2010** in and around Ann Arbor. 27, 57, and 97 mile bike routes for the same cause - fighting breast cancer. Registration is open. Fundraising required.

**Phil Wood, the man credited with innovating sealed hubs and bottom brackets for bicycles**, has died at age 83. He founded [Phil Wood & Co.](#) in 1971, and then sold the business to a group of investors 20 years later. Phil's idea for sealed hubs came from dropping bearings while working on a bike for one of his 6 children. And the rest is history.

**The League of American Bicyclists'** National Bike Rally will be in Albuquerque on June 3-6.

**Recent uproar over Tony Kornheiser** for his ESPN radio rant against cyclists, including his suggestion for drivers to "run 'em down," has ended with an apology. The sports commentator made nice in a [16-minute interview](#) with **Lance Armstrong** on March 19. Armstrong got involved through his Twitter page when people told him about Kornheiser's ridiculing of cyclists, whom he called "disgusting poseurs . . . I'm not saying [drivers should] kill them, just tap them." Armstrong led the charge in terming Kornheiser a "f-ing idiot" and that led to the conciliatory radio interview. Lance accepted the apology on behalf of cycling but amiably warned Kornheiser that he will be monitored.

**Jim VanScott, for sale -**

2 Raleigh Super Course vintage 1980, 23 1/2" frame, 27" wheels One is full campy, one is full Dur ace components. \$250 ea. Jim VanScott 810-794-2316 or [vanscottj@comcast.net](mailto:vanscottj@comcast.net)

**Detroit** is embarking on an ambitious plan to create **bike** lanes on roads across town. The city is starting with about 30 miles in a handful of neighborhoods this year, there eventually could be as many as 400 miles of bike lanes in Detroit. Supporters envision a city that's easier to maneuver without a car, with bike lanes and paths connecting the Cultural Center, Mexican town, parks and other attractions.

The largest share of 30 miles of marked on-street bike lanes that the city plans to add this year will be 17 miles in southwest Detroit connecting the Cork town and Mexican town neighborhoods. Other bike lanes will be added on streets near Wayne State University in Midtown, the New Center area and the city's east side as Detroit spends more than \$3.6 million.

### **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

**If you're looking for a long-lasting 10-speed chain**, Wippermann makes a strong case for its Connex 10sX. A lab test evaluated which chains from Shimano, SRAM and Campy are pitted against Wippermann in a torture test.

**Patellar tendinitis can crop up in the spring** simply from doing too much too soon, such as hard climbing or using big gears. You feel pain in the front of the knee, in the fibrous tissue just below the kneecap (as shown here), when pedaling or walking upstairs. It could be even worse descending stairs, and it might hurt to the touch. Mild cases can be treated with rest, icing and anti-inflammatories such as ibuprofen (Advil) or naproxen (Aleve). And you'd better jump right on it because if allowed to become chronic, patellar tendinitis could mess up an entire season.



### **Bicycle Helmets: Choice and Fit**

Now that it's spring, it's time to dust off your bike and think about whether you need a new helmet. They are a good idea for bicyclists of any age. Helmets help protect your brain in a crash when worn and adjusted properly. Anywhere from 45% to 88% of bicyclists' brain injuries can be prevented by use of a helmet.

Since 1999, all bicycle helmets must meet the Consumer Product Safety Commission standard (CPSC), which means that, whether priced at \$20 or \$200, they all must meet the same safety standards. The CPSC sticker confirms that they passed all the tests. So what type of helmet should you buy? What do you get for that higher-priced one? Cheaper helmets may do a satisfactory job of protecting your head, but you might want to consider more expensive models depending upon size and fit, comfort, extra features, and your riding style.

#### **Size and Fit**

To choose the right fit, set the helmet level on your head. It should sit about one to two finger-widths above your eyebrows, and should not perch high up on your head. Children's heads grow to 90% of adult size by the time they are two years old, so helmets labeled as toddler helmets usually only fit children until about age two or three. After that, kids generally fit in their helmet for quite a while.

Most helmets use pads of different thicknesses to ensure a snug fit. Many helmets also have an adjustable band inside the helmet, which can be dialed to easily adjust to size. It also allows for quick readjustment if you want to add a sweatband or hat underneath.

Your elected representatives –

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

### **Lubrication & Bearings...**

Moisture and temperature changes (which cause condensation) are bad for the hardest working parts of a bike -- chain, cassette, chainrings and the bearings in the hubs and bottom bracket. Check all these parts and address any issues before riding far enough you don't want to walk back from. Start your off-season riding with a relatively new chain, cassette and chainrings. Protect these parts with a high-quality chain lube( like White Lightning or ProLink). Check your chain after wet rides and add lube if the links appear shiny, which indicates lubrication has washed off. Check components that have bearings by turning them with your hand. You should feel smooth rotation against a slight hydraulic resistance.

Turn wheel axles like this and then push and pull to feel for play. Turn the axle nuts to make sure they aren't loose. If they are or there's roughness, play or lack of lubrication (no resistance to smooth spinning), have the hubs overhauled with fresh grease and bearings.

To check bottom bracket bearings, lift the chain off the small chainring and set it on the frame. Slowly turn the crank by hand to feel and listen for roughness or lack of lubrication. Grasp the crankarms (not pedals) and push and pull laterally to feel for play. Find a problem? It may be time for a new bottom bracket. On most modern road bikes they're designed to be replaced rather than serviced.

## CRR Ride Schedule



### Monday

### Tuesday

**6 pm** Meet the Bakers at Independence Bank (22 ½ & Van Dyke) 12 -14 mph.

**6pm** Meet in the Sheffield Office Park, north side of Big Beaver Rd (16 Mile) 1 block west of Cunningham Drive (1 block west of Coolidge). 30 - 50 miles at a 16-18 MPH pace and will grow in distance and intensity.

### Wednesday.

**6 pm** PLACE: Sheffield Office Park 3250 W Big Beaver Rd, on North side of Big Beaver Rd (16 Mile) 1 block west of Cunningham Drive (1 block west of Coolidge).  
DISTANCE: 20 -25 MILES at 12-14mph. Contact G Haelewyn for info.

### Thursday

**9 am** The Moormans ride, tbd. Starting location will vary from week to week. This is a no drop ride at a moderate 16-18 MPH pace. If you wish to be included on that list, please send your email address to [pkmoorman@wideopenwest.com](mailto:pkmoorman@wideopenwest.com).

### 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.

Dick Williams Ride Director [rsw@sundvik.com](mailto:rsw@sundvik.com) or 989-326-1630.

Newsletter Changes to Les Dunham, [lesdunham@hotmail.com](mailto:lesdunham@hotmail.com) or 586-216-4135.

Rick & Susan Moorman will be leading the following rides:

**Saturday, May 1st** we will ride from Wiley Elementary School, which is located on the NE corner of 21 Mile Rd and Shelby Rd across from Utica High School. The route will take us through Rochester and Oakland University. Ride will leave at 8:30 AM. Distance will be 40 - 45 miles at a 16 -18 MPH pace. We will stop for breakfast at Locus Coney Island at around the half way mark.

**Saturday, May 8th** we will ride from Dryden High School, which is located Rochester Rd about 1/4 mile north of Dryden Rd. The route will take us through Lapeer to Columbiaville for breakfast and the probably return to Dryden via Metamora. Ride will leave at 8:30 AM. Distance will be 45 - 55 miles at a 16 - 18 MPH pace.

### **Quick & Easy Rear Derailleur Adjustment**

Whether you're dealing with new cables or old ones, dialing in rear shifting is one of the easiest procedures. Cable adjustment is occasionally necessary because cables develop slack, especially when new. When slack happens, the clicks in the shift lever get out of sync with the cog spacing. This causes hesitation as the chain moves from cog to cog and you could hear chain noise from the rear after shifts.

Let's assume the derailleur was properly adjusted and in good condition before you replaced the cable. Ditto for the shifter, chain, cassette and chainrings. If any of these aren't up to snuff, or if the rear hub's axle has play, start with the appropriate repair. Note: If your bike falls over on the drivetrain side, the derailleur or hanger (the part the derailleur screws into) could be bent. Check for this by getting behind the bike and sighting from derailleur level. An imaginary vertical line should bisect both derailleur pulleys and the cassette cog they're under. If the line angles to the right, something is bent and must be straightened before you tune the shifting.

Cable corrections are made by turning the derailleur's adjustment barrel. You'll find it at the rear where the cable enters. (Many bikes also have adjusters elsewhere along the cable run. These let you tune the shifting while riding.) Have a friend hold up the rear of

the bike so you can pedal with one hand and shift with the other. Some rear-mount car racks and indoor trainers work for this too. Start by shifting to the smallest cassette cog (chainring doesn't matter). Now you can make the easy, no-tools adjustment.

---If the derailleur has been hesitating when moving toward the spokes (onto larger cogs, the most common problem due to cable stretch), turn the adjustment barrel toward the spokes. This takes up cable slack.

---If the derailleur has been hesitating when moving away from the spokes (onto smaller cogs), turn the barrel adjuster away from the spokes. This makes the cable less tight.

Make these turns in 1/2-turn increments. After each, check to see the shifting response and repeat until hesitation is gone. By doing 1/2 turns at a time you're less likely to over-adjust. It also lets you keep track of how far you've turned the barrel if you want to go back and start over.

How easy is that? Turn the barrel toward the spokes until each shift to larger cogs is snappy and the chain runs quietly after the shift. If the chain rattles slightly after shifts because it's touching the next larger cog, turn the barrel away from the spokes to make it line up directly under the cog it's on.

