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The RAMBLER



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

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 now, if you want to ride.

Current, long time and relocated Clinton River Rider Jerry Bartles was involved in an accident recently. He sustained damage to his right ankle and is expected to make a good recovery.

Art Meerhaeghe was in attendance at the recent meeting. We were all very pleased to see him. As most know he had some medical issues recently. His prognosis and presence look very good.

New members and interested people should send an email to crr-list@lmb.org to be placed on our email distribution cared for by Bill Duemling. No advertising or solicitation is forwarded, just items of interest to cyclists.

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

June's Birthday's

06/04 Christopher
Morgan
06/05 Aletha Bartels
06/05 Dan Claus
06/06 Ed Gostin
06/07 Gail Komendera
06/11 Leslie Dunham
06/16 Sue Graham
06/16 Bill Smith
06/16 Sandy Overway
06/17 Dave Switney
06/21 Laurie Brickner
06/21 David Komendera
06/24 Art Anderson
06/25 Carol
Meerhaeghe
06/28 Kenneth E.
Caldwell
06/28 Julie Windhorst
06/30 Jaclyn Angst
06/30 Rich Ostrowski

Club members are entitled to purchase one club jersey next year at a reduced cost (\$34). Contact Debbie Angst at 586-524-3657 or digitaldeb@comcast.net.

Visitors:

New Members:

Jeanette Solomon and Jeri Craig attended the Mar CRR 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 June 14th. Our meetings are always the 2nd Monday of the month. 7 pm downstairs in the Mt Clemens Library on Cass Ave. Note – There is no meeting in the month of October, due to the BWR and clean up party.

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

June is a good time to set some goals for the cycling season. A goal doesn't have to be hard. It can be as simple as keeping track of your mileage to a distance of ride that you would like to complete. The key is to set a goal that is reasonable for you. Once you set a goal, develop a plan to achieve it that can be realistically met, then keep a consistent focus on the plan. Most failed goals are due to the lack of a plan. If you reach the goal earlier than expected you can always set a new goal.

Here are some ideas, good luck:

1. Go on new rides. It is easy to gain enthusiasm when you do other rides Fresh scenery often times results in a fresh attitude.
2. Go on a bike tour. Nothing is more fun for me than seeing spectacular scenery on a bike. There are lots of supported tours available if you don't want to carry your gear or need minor mechanical support.
3. Ride to the start of a ride to get more mileage and save gas.
4. Combine bike riding with other sports like a duathlon (run and bike) or triathlon (swim, bike, and run). Cross training can be very beneficial in balancing your muscle usage.

Some of our favorite local bike shops. Please support them with your patronage and cycling needs.

<p>FRASER BICYCLE 34501 UTICA RD. FRASER, MI 48026 (586) 294-4070</p>	<p>ANCHOR BAY BICYCLE 35214 23 MILE RD. NEW BALTIMORE, MI 48047 (586) 725-2878</p>
<p>MACOMB SCHWINN 28411 SCHOENHERR WARREN, MI 48093 (586) 756-5400</p>	<p>ALLIED CYCLE SHOP, INC. 23101 GRATIOT AVE EASTPOINTE, MI 48021 (586) 772-3411</p>
<p>AMERICAN CYCLE AND FITNESS 2169 METRO PARK WAY STERLING HEIGHTS, MI 48310 (248) 886-1968</p>	<p>MAIN ST. BICYCLES 5987 26 Mile Rd Washington, MI 48316 (586) 677-7755</p>
<p>REI - TROY 766 EAST BIG BEAVER RD. TROY, MI 48083 248-689-4402</p>	<p>ROCHESTER BIKE SHOP 116 W. SECOND STREET ROCHESTER, MI 48307 (248) 652-6376</p>
<p>CONTINENTAL BIKE SHOP 24436 JOHN R ROAD HAZEL PARK, MI 48030 (248) 545-1225</p>	<p>BIKES, BLADES AND BOARDS 17020 MACK AVE GROSSE POINTE, MI 48230 (313) 885-1300</p>
<p>ROCHESTER BIKE SHOP 426 S MAIN St ROCHESTER, MI 48307 (248) 652-6376</p>	<p>AMERICAN CYCLE 203 NORTH PERRY PONTIAC, MI 48342 (248) 333-7843</p>
<p>Pails Bike Depot 28057 GRATIOT Roseville, MI 586-772-9084</p>	<p>American Cycle & Fitness 18517 HALL Rd Macomb Twp, MI 586-416-1000</p>

Know your brakes –



Side pull dual pivot, road



Center pull



Direct pull, V brakes

Out and About

There has been progress on the 70 mile loop of interlocking trails in northern metropolitan area. Approved construction of a bridge in Utica and agreement for bicycle access through Selfridge National Guard Air Base are a highlight currently.

Safety Note-

Please be extra careful when riding in groups to avoid “touching wheels”. The most common error is for a rider behind to make contact with his front tire with the rear tire or bike frame of a rider ahead. In that case, the rider behind almost always goes down. The easiest way to prevent this kind of accident is to allow plenty of space between you and the rider ahead or beside. And be extra alert; concentrate and stay focused on nearby riders. Keep hands on or near your brake levers in case of needing to slow down quickly.

Smoothing out the rough roads - It's not hard to make jarring surfaces feel relatively smooth. Here's how:

- **Shift to a bigger gear.** Do this just before the rough stuff starts, not after. The proper gear will be slightly higher (one or 2 cogs smaller) than if the surface were smooth and, because of this, your cadence will be slower and steadier.
- **Slide back on the saddle.** Keep a secure-but-relaxed grip on the handlebar top. Let the bike bounce under you as you absorb shocks with flexed elbows and knees. Don't rigidly try to force the front wheel onto a straight and narrow line. Give it freedom to react to bumps.

- **Make steady, even pedal strokes.** You can when you're pedaling against greater resistance and turning the crank slower. Trying to spin like normal will only let the rear wheel lurch and bounce.

As you can imagine, riding on a rough surface is one of the best tests of pedaling ability. Accomplished roadies make it look controlled and easy. It's a good bet that they're silky on smooth roads too.



A Carbon fiber frame in production

Carbon Fiber frames –

The bike industry delights in using terms like "high modulus" or even "ultra-high modulus" to describe fiber content. But not only is not factual (most frames use standard and intermediate modulus fiber) but you wouldn't want a frame made of entirely high-modulus fibers. Modulus rating is actually set by the carbon fiber industry, according to tensile strength and tensile modulus.

Know that most carbon bikes aren't actually built by bike makers whose names wind up on the down tube. There are only a handful of companies in the world that actually manufacture the raw carbon fiber used in frames and parts. In its most basic form, it looks like a spool of fat thread. The basics of carbon-composite manufacturing were set by aerospace companies in the '60s and haven't changed much since. Whether molded as one piece, tube-to-tube style or tube-and-lug style, the basic process for each approach shares far more similarities than it does differences.

Good Deeds may make cycling supporters

Here's a very cool suggestion from roadie Michelle C. of Griffin, Georgia. Call it an "investment" in goodwill and safety for roadies. . "In the constant struggle to make peace with auto drivers, I stumbled onto a clever idea while on a Saturday morning ride.

"We made a store stop to refuel. I found myself at the checkout standing next to a boy about 7 and what appeared to be his grandfather. I spoke to the youngster, who was gawking at my kit and shoes with wide-eyed amazement. "My chocolate milk and water cost \$2.70. I gave the cashier \$3. I hate change on the bike because it rattles and annoys me, so I smiled at the young man and handed him the 30 cents and told him to put it in his pocket. You would have thought I gave him a hundred dollars.

"But perhaps more importantly, his grandfather was genuinely impressed with such a simple act of kindness."Perhaps for 30 cents I purchased one driver who next time he encounters a cyclist will slow down and move over because it might be that nice person who made his grandson smile. And in a few years maybe that little boy will ask for a bike like mine and take to the road."

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.

CRR Ride Schedule

Monday

Tuesday

6 pm Meet Bill & Diane Baker at Inedpendence Bank. (22 1/2 & Van Dyke) For a ride at 12 - 14 mph.

5:30 pm Sheffield Shuffle 5:30pm: Meet Rick and Sue Moorman at the SW corner of Sheffield Parking Lot (Cunningham and W Big Beaver just west of Coolidge) 30-50 miles at 16-18 MPH in the Troy, Bloomfield, and Auburn Hills area.

Wednesday.

6:00 pm Meet Deb & Steve Angst at Naldrett Elementary located on Sugarbush, just north of Cotton (Cotton is about a 1/2 mile north of 21 mile). Tour the New Baltimore area with a midway stop for ice cream. Distance 25-30 miles at a pace of 16-18 MPH. For inclusion on our distribution list send your request to digitaldeb/@/comcast/./net

6:00 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 Rick & Sue Moorman lead a 30+/- mile ride from TBD To TBD. Contact Rick for the weekly particulars. pkmoorman@wideopenwest.com

6 PM: Meet Gary Haelewyn and sometimes Sally (248-549-9062) at the SW corner of Sheffield Parking Lot 20-30 hilly miles at 12-14 MPH in the Troy, Bloomfield, and Auburn Hills area.

6:00 pm Meet Carol Green at Masonic & Jefferson for 30 miles of 15-17 MPH of riding.

Friday

8:30 am Meet Duane & Sandy in the KMart parking lot at 30 1/2 mile and Van Dyke. The destination loop will vary with distances of 40-45 miles at a 15-17 MPH pace. If the weather looks questionable, please call Duane at 586-752-6482 to confirm if the ride is still on. For additional information please send your requests to sandyoverwayl@yahoo.com

Saturday

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

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 Willaims Ride Director

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

